Junior Worldmark Encyclopedia of Foods and Recipes of the World

Junior Worldmark Encyclopedia of Foods and Recipes of the World

Karen L. Hanson, Editor

VOLUME 3

Kazakhstan to South Africa

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JUNIOR WORLDMARK ENCYCLOPEDIA OF FOODS AND RECIPES OF THE WORLD

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Contents

Reader's Guide

Junior Worldmark Encyclopedia of Foods and Recipes of the World presents a comprehensive look into the dietary lifestyles of many of the world's people. Published in four volumes, entries are arranged alphabetically from Algeria to Zimbabwe. Several countries—notably Australia, Brazil, Canada, and the United States—feature entries for specific ethnic groups or regions with distinctive food and recipe customs.

Junior Worldmark Encyclopedia of Foods and Recipes of the World features more than 700 recipes in 70 entries representing 57 countries. In selecting the countries, culture groups, and regions to include, librarian advisors were consulted. In response to suggestions from these advisors, the editors compiled the list of entries to be developed. The editors sought, with help from the advisors, to balance the contents to cover the major food customs of the world. Countries were selected from Africa (Algeria, Cameroon, Cote d'Ivoire, Ethiopia, Ghana, Kenya, Liberia, Morocco, Mozambique, Nigeria, South Africa, Tanzania, Zimbabwe); Asia (China, India, Indonesia, Japan, Korea, the Philippines, Thailand, Vietnam); the Caribbean (Cuba, Haiti, Jamaica); Europe (Czech Republic, France, Germany, Greece, Hungary, Ireland, Italy, Kazakhstan, Poland, Russia, Slovenia, Spain, Sweden, Turkey, Ukraine, United Kingdom); Central America (Guatemala); the Middle East (Egypt, Iran, Iraq, Israel, Lebanon, Pakistan, Saudi Arabia); North America (Canada, Mexico, and the United States); Oceania (Australia, Islands of the Pacific); and South America (Argentina, Brazil, Chile, Peru).

For the United States entry, the advisors suggested preparing an innovative combination of five regional entries (including Great Lakes, Midwest, Northeast, Southern, and Western) and five ethnic/culture group entries (African American, Amish and Pennsylvania Dutch, Jewish American, Latino American, and Native American). Researchers interested in other major American ethnic and cultural groups, such as Chinese American, German American, and Lebanese American, are directed to the entries for the home countries of origin (such as China, Germany, and Lebanon).

Recipes were selected to reflect traditional national dishes as well as modern lifestyles. Persons familiar with the cuisines of the countries were consulted to ensure authenticity. The editors acknowledge the invaluable advice of these individuals, without whose help this encyclopedia would not be as authoritative: Thelma Barer-Stein; Stefanie Bruno; staff of Corky and Lenny's delicatessen, Beachwood, Ohio; Terry Hong; Marcia Hope; Solange Lamamy; staff of Middle East Restaurant, Cleveland, Ohio;

staff of Pearl of the Orient, Shaker Heights, Ohio, John Ranahan, Christine Ritsma, and Nawal Slaoui.

Profile Features

This new addition to the *Junior Worldmark* series follows the trademark format of the *Junior Worldmark* design by organizing each entry according to a standard set of headings.

This format has been designed to allow students to compare two or more nations in a variety of ways. Also helpful to students are the translations of hundreds of foreign-language terms (which can be found in italics throughout the text) to English. Pronunciations are provided for many unfamiliar words.

Every profile contains two maps: the first displaying the nation and its location in the world, and the second presenting the nation's major cities and neighboring countries. Each entry begins with a recipe table of contents guiding the student to specific page numbers.

Most entries feature approximately ten recipes, including appetizers, main dishes, side dishes, beverages, desserts, and snacks. Recipes were selected to balance authenticity and ease of preparation. Wherever possible the recipes use easy-to-find ingredients and familiar cooking techniques. Recipes are presented with the list of ingredients first, followed by the directions in a numbered procedure list. The editors tested the recipes for most of the more than 700 dishes included in the work, and photographed steps in the procedure for many of them.

A complete glossary of cooking terms used in the entries, from allspice to zest, is included at the front of each volume.

The body of each country's profile is arranged in seven numbered headings as follows:

1 GEOGRAPHIC SETTING AND ENVIRONMENT. Location, fertile/non-fertile areas, climate (temperature and rainfall), total area, and topography (including major rivers, bodies of water, deserts, and mountains), are discussed. Various plants (including crops) and animals may also be mentioned.

2 HISTORY AND FOOD. The influences of early cultures, outside influences (such as explorers and colonists), and the origins of staple foods and preparation techniques are discussed. Historical dietary influences between various ethnic or religious groups may also be discussed.

3 FOODS OF THE (COUNTRY OR CULTURE GROUP). Foods and beverages that comprise the staples of the country's daily diet, including national dishes, are presented. Identifies foods by social class and ethnic group, where applicable. May also discuss differences between rural and urban mealtime practices.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS. Discusses dietary guidelines, restrictions, and customs for national secular and religious holidays, both in food

and food preparation. Origins of holiday traditions may also be discussed. Traditional holiday menus for many holidays are presented.

5 MEALTIME CUSTOMS. Customs related to consumption of food at home, at restaurants, and from street vendors; entertainment of guests for a meal; number and typical times of meals; and typical school lunches and favorite snacks are discussed.

6 POLITICS, ECONOMICS, AND NUTRITION. Statistics from international organizations, including the United Nations and the World Bank. Discussion of health status of the population, with a focus on nutrition of the nation's children. Food laws and current dietary issues are discussed, where applicable.

7 FURTHER STUDY. An alphabetical list of books and web sites. Web sites were selected based on authority of hosting agency and accessibility and appropriateness for student researchers. Each web site lists when the site was last accessed. A few entries include listings of feature films notable for the role food and/or dining played in the story.

Volume 4 contains a cumulative index that provides easy access to the recipes by title and menu category (appetizers, beverages, bread, soup, main dish, side dish, snacks, vegetables, cookies and sweets, and desserts).

Acknowledgments

Special acknowledgement goes to the many contributors who created *Junior Worldmark Encyclopedia of Foods and Recipes of the World.*

Sources

Due to the broad scope of this encyclopedia, many sources were consulted in compiling the descriptions and recipes presented in these volumes. Of great importance were cookbooks, as well as books dedicated to the foods of a specific nation or culture group. Travel guides, where food specialties are often described for a country, were instrumental in the initial research for each entry. Cooking and lifestyle magazines, newspaper articles, and interviews with subject-matter experts and restaurateurs were also utilized. Publications of the World Bank and United Nations provided up-to-date statistics on the overall health and nutritional status of the world's children.

Advisors

The following persons served as advisors to the editors and contributors of this work. The advisors were consulted in the early planning stages, and their input was invaluable in shaping the content and structure of this encyclopedia. Their insights, opinions, and suggestions led to many enhancements and improvements in the presentation of the material.

Elaine Fort Weischedel, Franklin Public Library, Franklin, Massachusetts

Linda Wadleigh, Media Specialist, Oconee County Middle School, Watkinsville, Georgia

Mary Mueller, Librarian, Rolla Junior High School, Rolla, Missouri

Susan A. Swain, Cuyahoga County Public Library, Ohio

Comments and Suggestions

We welcome your comments on the *Junior Worldmark Encyclopedia of Foods and Recipes of the World*. Please write to: Editors, *Junior Worldmark Encyclopedia of Foods and Recipes of the World,* U•X•L, 27500 Drake Road, Farmington Hills, Michigan 48331-3535; call toll-free: 1-800-877-4253; or send e-mail via www.galegroup.com.

Measurements and Conversions

In *Junior Worldmark Encyclopedia of Foods and Recipes of the World,* measurements are provided in standard U.S. measurements. The tables and conversions below are provided to help the user understand measurements typically used in cooking; and to convert quantities and cooking temperatures to metric, use these equivalents.

Note: The system used in the United Kingdom, referred to as UK or British, is not described here and is not referred to in this work, but educated readers may encounter this system in their research. The British cup is 10 ounces, while the U.S. is 8 ounces; the British teaspoon and tablespoon are also slightly larger than those in the United States.

U.S. measurement equivalents

Pinch is less than a teaspoon.

Dash is a few drops or one or two shakes of a shaker.

3 teaspoons = 1 Tablespoon

2 Tablespoons = 1 liquid ounce

4 Tablespoons = ¼ cup

8 Tablespoons = ½ cup

16 Tablespoons = 1 cup

2 cups = 1 pint

2 pints = 1 quart

4 cups = 1 quart

4 quarts = 1 gallon

Liquid measurement conversions from U.S. to metric

1 teaspoon = 5 milliliters

1 Tablespoon = 15 milliliters

1 U.S. cup = about ¼ liter (0.237 liters)

1 U.S. pint = about ½ liter (0.473 liters)

1 U.S. quart = about 1 liter (1.101 liters)

Solid measurement conversions from U.S. to metric

1 U.S. ounce = 30 grams

1 U.S. pound = 454 grams

Butter: 7 Tablespoons = about 100 grams

Flour: 11 Tablespoons = about 100 grams

Sugar: 11 Tablespoons = about 100 grams

Oven temperatures

Fahrenheit equals Centigrade (Celsius)

250°F = 121°C

300°F = 150°C

325°F = 164°C

350°F = 177°C

375°F = 191°C

400°F = 205°C

425°F = 219°C

450°F = 232°C

500°F = 260°C

Getting Started with Cooking

Cooking is easier and the results are better if you take some time to learn about techniques, ingredients, and basic equipment.

TECHNIQUES

There are three important rules to follow when using any recipe:

First, be clean. Always start with very clean hands and very clean utensils. Keep your hair tied back or wear a bandana.

Second, keep your food safe. Don't leave foods that can spoil out longer than absolutely necessary. Use the refrigerator, or pack your food with ice in a cooler if it will be cooked or eaten away from home.

Third, keep yourself safe. Always have an adult help when using the stove. Never try to do something else while food is cooking. Keep burners and the oven turned off when not in use.

In addition to these rules, here are some helpful tips.

Read through the recipe before starting to cook.

Get out all the utensils you will need for the recipe.

Assemble all the ingredients.

Wash up as you go to keep the cooking area tidy and to prevent foods and ingredients from drying and sticking to the utensils.

If food burns in the pan, fill the pan with cold water. Add a Tablespoon of baking soda and heat gently. This will help to loosen the stuck-on food.

If you follow these three rules and helpful tips—and use common sense and ask for advice when you don't understand something—cooking will be a fun activity to enjoy alone or with friends.

The basic techniques used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are described briefly below.

Baking. To cook in the oven in dry heat. Cakes and breads are baked. Casseroles are also baked. When meat is prepared in the oven, cooks may use the term "roasting" instead of baking.

Basting. To keep foods moist while cooking. Basting is done by spooning or brushing liquids, such as juices from the cooking pan, a marinade, or melted butter, over the food that is being cooked.

Beating. To mix ingredients together using a brisk stirring motion. Beating is often done using an electric mixer.

Boiling. To heat a liquid until bubbles appear on its surface. Many recipes ask that you bring the liquid to a boil and then lower the heat to simmer. Simmering is when the surface of the liquid is just moving slightly, with just a few bub-

bles now and then around the edges of the liquid.

Chopping and cutting. To prepare food for cooking by making the pieces smaller. To chop, cut the food in half, then quarters, and continue cutting until the cutting board is covered with smaller pieces of the food. Arrange them in a single layer, and hold the top of the chopping knife blade with both hands. Bring the knife straight up and down through the food. Turn the cutting board to cut in different directions. To dice, cut the food first into slices, and then cut a grid pattern to make small cubes of the food to be cooked. To slice, set the food on a cutting board and press the knife straight down to remove a thin section.

Dusting with flour. Sprinkle a light coating of flour over a surface. A sifter or sieve may be used, or flour may be sprinkled using just your fingers.

Folding. To stir very gently to mix together a light liquid and a heavier liquid. Folding is done with a rubber spatula, using a motion that cuts through and turns over the two liquids.

Greasing or buttering a baking dish or cookie sheet. To smear the surfaces with butter or shortening (or sometimes to spray with nonstick cooking spray) to prevent the food from sticking during cooking.

Kneading. Working with dough to prepare it to rise. First dust the surface (countertop or cutting board) with flour. Press the dough out into a flattened ball. Fold the ball in half, press down, turn the dough ball one-quarter turn, and fold and press again. Repeat these steps, usually for 5 to 10 minutes.

Separating eggs. To divide an egg into two parts, the white and the yolk. This is done by cracking the egg over a bowl, and then carefully allowing the white to drip into the bowl. The yolk is transferred back and forth between the two shell halves as the whites drip down. There must be no yolk, not even a speck, in the white if the whites are to be used in a recipe. The yolk keeps the whites from beating well.

Turning out. To remove from the pan or bowl.

INGREDIENTS

A trip to the grocery store can be overwhelming if you don't have a good shopping list. Cooking foods from other countries and cultures may require that you shop for unfamiliar ingredients, so a list is even more important.

Sources for ingredients

Most of the ingredients used in the recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* are available in large supermarkets. If you have trouble finding an ingredient, you will need to be creative in investigating the possibilities in your area. The editors are not recommending or endorsing any specific markets or mail order sources, but offer these ideas to help you locate the items you may need.

Ethnic grocery stores

Consult the "Grocers" section of the yellow pages of your area's telephone book. If the stores are listed by ethnic group,

try looking under the country name or the the region (such as Africa, the Middle East, or Asia) to find a store that might carry what you need.

Ethnic restaurants
Ethnic restaurants may serve the dish you want to prepare, and the staff there will probably be willing to help you find the ingredients you need. They may even be willing to sell you a small order of the hard-to-find item.

Local library
Some libraries have departments with books in other languages. The reference librarians working there are usually familiar with the ethnic neighborhoods in your city or area, since they are often interacting with the residents there.

Regional or city magazine
Advertisements or festival listings in your area's magazine may lead you to sources of specialty food items.

Internet and mail order
If you have time to wait for ingredients to be shipped to you, the Internet may lead you to a grocery or specialty market that will sell you what you need and ship it to you.

BASIC EQUIPMENT

The recipes in *Junior Worldmark Encyclopedia of Foods and Recipes of the World* typically require that you have these basic items:

Baking pans. Many recipes require specific baking pans, such as an 8-inch square baking pan, round cake pan, 9-inch by 13-inch baking pan, or cookie sheet. Make sure you have the pan called for in the recipe before beginning.

Knives. Knives for cutting must be sharp to do the job properly. It is a good idea to get an adult's help with cutting and chopping.

Measuring cups. Measuring cups for dry ingredients are the kind that nest inside each other in a stack. To measure liquids, cooks use a clear glass or plastic measuring cup with lines drawn on the side to indicate the measurements.

Measuring spoons. Measuring spoons are used to measure both liquids and dry ingredients. It is important to use spoons made for measuring ingredients, and not teaspoons and tablespoons used for eating and serving food.

Saucepans and pots. These round pans are taller, and are generally used for cooking dishes that have more liquid, and for boiling or steaming vegetables.

Skillets and frying pans. These pans are shallow, round pans with long handles. They are used to cook things on top of a burner, especially things that are cooked first on one side, and then turned to cook on the other side.

Work surface. A very clean countertop or cutting board must be available to prepare most dishes.

Glossary

A

Allspice: A spice derived from the round, dried berry-like fruit of a West Indian allspice tree. The mildly pungent taste resembles cinnamon, nutmeg, and cloves.

Anise seed: A licorice-flavored seed of the Mediterranean anise herb. It is used as an ingredient in various foods, particularly cookies, cakes, and candies.

Arugula: An aromatic salad green with a peppery taste. It is popularly used in Italian cuisine.

B

Baguette: A long and narrow loaf of French bread that is often used for sandwiches or as an accompaniment to a variety of dishes.

Baking soda: A fine, white powder compound often used as an ingredient in such recipes as breads and cakes to help them rise and increase in volume.

Basil: An aromatic herb cultivated for its leaves. It is eaten fresh or dried and is most frequently used in tomato sauces or served with mozzarella cheese. The sweet basil variety is most common.

Baste: To moisten food periodically with liquid while cooking, such as broth or melted butter. Basting helps add flavor to food and prevents it from drying out.

Bay leaf: A pungent, spicy leaf used in a variety of cuisines, including meats, vegetables, and soups. It is most often used in combination with other herbs, such as thyme and parsley.

Blini: A Russian pancake made of buckwheat flour and yeast. It is commonly served with caviar and sour cream.

Bouillon: A clear, thin broth made by simmering meat, typically beef or chicken, or vegetables in water with seasonings.

Braise: To cook meat or vegetables by browning in fat, then simmering in a small quantity of liquid in a covered container.

Bratwurst: A small pork sausage popular with German cuisine.

Brisket: A cut of meat, usually beef, from the breast of an animal. It typically needs longer to cook to become tender than other meats.

Broil: To cook by direct exposure to heat, such as over a fire or under a grill.

C

Canapé: A cracker or a small, thin piece of bread or toast spread with cheese, meat, or relish and served as an appetizer.

Caraway seed: The pungent seed from the caraway herb used as a flavoring and seasoning in various foods, including desserts, breads, and liquors.

Cassava: A tropical, tuberous plant widely used in African, Latin American, and Asian cuisines. It is most commonly used to make starch-based foods such as bread, tapioca, and pastes. It is also known as manioc or yucca (in Spanish, *yuca*).

Charcoal brazier: A metal pan for holding burning coals or charcoal over which food is grilled.

Cheesecloth: A coarse or fine woven cotton cloth that is often used for straining liquids, mulling spices, and lining molds.

Chili: A spicy pepper of varying size and color. It is most frequently used to add a fiery flavor to foods.

Cilantro: A lively, pungent herb widely used in Asian, Caribbean, and Latin American cuisines as a seasoning or garnish. It is also known as coriander.

Citron: A large, lemon-like fruit with a thick aromatic rind, which is commonly candied and used in desserts such as fruitcakes.

Clove: A fragrant spice made from the dried, woody flower bud of an evergreen tree native to tropical climates. In Indonesia, where cloves are grown, cigarettes are made from the crushed buds. Cloves also describe a single bud of garlic, shallot, or other bulb root vegetable.

Colander: A simple piece of kitchen equipment that resembles a metal bowl with holes in it. It is used to drain foods, such as pasta or vegetables, that have been cooked in boiling water (or other liquid).

Coriander: See cilantro.

Cream of tartar: A fine, white powder that is added to candy and frosting mixtures for a creamier consistency, or added to egg whites before being beaten to improve stability and volume.

Cumin: An herb cultivated for its aromatic, nut-flavored seeds. It is often used to make curries or chili powders.

Currant: A raisin-like colored berry that is commonly used in jams and jellies, syrups, desserts, and beverages.

D

Daikon: A large, Asian radish with a sweet flavor. It is often used in raw salads, stir-fry, or shredded for a garnish.

Dashi: A clear soup stock, usually with a fish or vegetable base. It is frequently used in Japanese cooking.

Double boiler: Two pots formed to fit together, with one sitting part of the way inside the other, with a single lid fitting on both pans. The lower pot is used to hold simmering water, which gently heats the mixture in the upper pot. Foods such as custards, chocolate, and various sauces are commonly cooked this way.

F

Fermentation: A process by which a food goes through a chemical change caused

by enzymes produced from bacteria, microorganisms, or yeasts. It alters the appearance and/or flavor of foods and beverages such as beer, wine, cheese, and yogurt.

G

Garlic: A pungent, onion-like bulb consisting of sections called cloves. The cloves are often minced or crushed and used to add sharp flavor to dishes.

Garnish: To enhance in appearance and/or flavor by adding decorative touches, such as herbs sprinkled on top of soup.

Gingerroot: A gnarled and bumpy root with a peppery sweet flavor and a spicy aroma. Asian and Indian cuisines typically use freshly ground or grated ginger as a seasoning, while Americans and Europeans tend to use ground ginger in recipes, particularly in baked goods.

J

Jalapeno: A very hot pepper typically used to add pungent flavor. It is often used as a garnish or added to sauces.

Julienne: Foods that have been cut into thin strips, such as potatoes.

K

Kale: Although a member of the cabbage family, the large leaves do not form a head. Its mild cabbage flavor is suitable in a variety of salads.

Knead: To mix or shape by squeezing, pressing, or rolling mixture with hands. Bread is typically prepared this way before baking.

L

Leek: As part of the onion family, it has a mild and more subtle flavor than the garlic or onion. It is commonly used in salads and soups.

Lemongrass: Long, thin, grayish-green leaves that have a sour lemon flavor and smell. Popular in Asian (particularly Thai) cuisine, it is commonly used to flavor tea, soups, and other dishes.

M

Mace: The outer membrane of the nutmeg seed. It is typically sold ground and is used to flavor a variety of dishes.

Manioc: See cassava.

Marinate: To soak a food, such as meat or vegetables, in a seasoned liquid for added flavor or to tenderize.

Marzipan: A sweet mixture of almond paste, sugar, and egg whites, often molded into various shapes.

Matzo meal: Ground unleavened (flat), brittle bread often used to thicken soups or for breading foods to be fried. It is widely popular in Jewish cuisine.

Mince: To cut or chop into very small pieces, typically used to prepare foods with strong flavors, such as garlic and onion.

Mint: A pungent herb that adds a refreshing and sweet flavor to a variety of dishes, either dried and ground or fresh. Peppermint and spearmint are the most common of over thirty varieties.

Miso: A thick, fermented paste made of cooked soybeans, salt, and rice or barley. A basic flavoring of Japanese cuisine, it is frequently used in making soups and sauces.

Molasses: A thick syrup produced in refining raw sugar or sugar beets. It ranges from light to dark brown in color and is often used as a pancake or waffle topping or a flavoring, such as in gingerbread.

N

Napa: A round head of cabbage with thin, crisp, and mild-flavored leaves. It is often eaten raw or sautéed. Also known as Chinese cabbage.

O

Okra: Green pods that are often used to thicken liquids and to add flavor. It is commonly used throughout the southern United States in such popular dishes as gumbo, a thick stew.

Olive oil: Oil derived from the pressing of olives. Varieties are ranked on acidity. Extra virgin olive oil is the least acidic and is typically the most expensive of the varieties.

Oregano: A strong, pungent herb commonly used in tomato-based dishes, such as pizza.

P

Parchment paper: A heavy, grease- and moisture-resistant paper used to line baking pans, wrap foods, and make disposable pastry bags.

Parsley: A slightly peppery, fresh-flavored herb that is most commonly used as a flavoring or garnish to a wide variety of dishes. There are over thirty varieties of parsley.

Pâté: A seasoned meat paste made from finely minced meat, liver, or poultry.

Peking sauce: A thick, sweet and spicy reddish-brown sauce commonly used in Chinese cuisine. It is made of soybeans, peppers, garlic, and a variety of spices. Also known as hoisin sauce.

Persimmon: Edible only when fully ripe, the fruit resembles a plum in appearance. It has a creamy texture with a sweet flavor and is often eaten whole or used in such foods as puddings and various baked goods.

Pimiento: A sweet pepper that is often finely diced and used to stuff green olives.

Pinto bean: A type of mottled kidney bean that is commonly grown in the southwest United States and in Spanish-speaking countries, including Mexico. It is often used to make refried beans.

Pistachio nut: Commonly grown in California, the Mediterranean, and the Middle East, the mild-flavored green nut is enclosed in a hard, tan shell. They are either eaten directly out of the shell or are used to flavor a variety of dishes.

Plantain: A tropical fruit widely eaten in African, Caribbean, and South American cuisines. Plantains may be prepared by frying, boiling, steaming, or baking. Although closely resembling a banana, it turns black when ripe and may be eaten at any stage of ripeness.

Prosciutto: A seasoned, salt-cured, and air-dried ham. Eaten either cooked or raw, it is often thinly sliced and eaten with a variety of foods such as melons, figs, vegetables, or pasta.

R

Ramekin: A small individual baking dish typically made of porcelain or earthenware.

Ramen: A Japanese dish of noodles in a broth, often garnished with pieces of meat and vegetables. An instant-style of this noodle dish is sold in individual servings in supermarkets.

S

Saffron: A golden-colored spice used to add flavor or color to a wide variety of dishes. It is very expensive, so it is typically used sparingly.

Sage: A native Mediterranean pungent herb with grayish-green leaves. Its slightly bitter and light mint taste is commonly used in dishes containing pork, cheese, and beans, and in poultry and game stuffings.

Sake: A Japanese wine typically served warm in porcelain cups. The sweet, low-level alcohol sake is derived from fermented rice and does not require aging.

Saltimbocca: Finely sliced veal sprinkled with sage and topped with a thin slice of prosciutto. It is sautéed in butter, then braised in white wine.

Sashimi: A Japanese dish consisting of very thin bite-size slices of fresh raw fish, traditionally served with soy sauce, wasabi, gingerroot, or daikon radish.

Sauerkraut: Shredded cabbage fermented with salt and spices. It was first eaten by the Chinese, but quickly became a European (particularly German) favorite. It is popular in casseroles, as a side dish, and in sandwiches.

Sauté: To lightly fry in an open, shallow pan. Onions are frequently sautéed.

Scallion: As part of the onion family, it closely resembles a young onion before the development of the white bulb, although its flavor is slightly milder. It is often chopped and used in salads and soups.

Shallot: A member of the onion family that closely resembles cloves of garlic, covered in a thin, paper-like skin. It has a mild onion flavor and is used in a variety of dishes for flavoring.

Shortening, vegetable: A solid fat made from vegetable oils such as soybean or

cottonseed oils. It is flavorless and is used in baking and cooking.

Sieve: A typically round device used to strain liquid or particles of food through small holes in the sieve. It is also known as a strainer.

Simmer: To gently cook food in a liquid at a temperature low enough to create only small bubbles that break at the liquid's surface. Simmering is more gentle than boiling the liquid.

Skewer: A long, thin, pointed rod made of metal or wood used to hold meat and/or vegetables in place while cooking. They are most commonly used to make shish kebabs.

Soybean: A generally bland-flavored bean widely recognized for its nutritive value. It is often cooked or dried to be used in salads, soups, or casseroles, as well as in such products as soy sauce, soybean oil, and tofu.

Star anise: A pungent and slightly bitter tasting seed that is often ground and used to flavor teas in Asian cuisines. In Western cultures it is more often added to liquors and baked goods (such as pastries).

Steam: A method of cooking in which food (often vegetables) is placed on a rack or in a special basket over boiling or simmering water in a covered pan. Steaming helps to retain the flavor, shape and texture, and vitamins and minerals of food better than boiling.

Stir-fry: A dish prepared by quickly frying small pieces of food in a large pan over very high heat while constantly and briskly stirring the ingredients until cooked. Stir-fry, which is often prepared in a special dish called a wok, is most associated with Asian cuisines.

Stock: The strained liquid that is the result of cooking vegetables, meat, or fish and other seasoning ingredients in water. Most soups begin with stock before other ingredients are added.

Sushi: Fish and vegetables prepared in bite-sized portions with rice. Fish is usually raw, but may be cooked. (Shrimp is typically cooked for sushi.)

T

Tamarind: A brown fruit that is about five inches long and shaped like a large, flat green bean. Inside the brittle shell, the fruit contains large seeds surrounded by juicy, acidic pulp. The pulp, sweetened, is used to make juices and syrups.

Tapas: Small portions of food, either hot or cold, most commonly served to accompany a drink in Spanish and Latin American bars and restaurants.

Tarragon: An aromatic herb known for its anise-like (licorice) flavor. It is widely used in classic French dishes including chicken, fish, vegetables, and sauces such as béarnaise.

Tempura: Batter-dipped, deep-fried pieces of fish or vegetables, originally a Japanese specialty. It is most often accompanied by soy sauce.

Thyme: A pungent herb whose flavor is often described as a combination of mint and lemon. It is most commonly associ-

ated with French cooking. Thyme is used to flavor a variety of dishes, including meats, vegetables, fish, poultry, soups, and sauces.

Tofu: Ground, cooked soybeans that are pressed into blocks resembling cheese. Its bland and slightly nutty flavor is popular in Asia, particularly Japan, but is increasing in popularity throughout the United States due to its nutritive value. It may be used in soups, stir-fry, and casseroles, or eaten alone.

V

Vinegar: Clear liquid made by bacterial activity that converts fermented liquids such as wine, beer, or cider into a weak solution of acetic acid, giving it a very sour taste. It can also be derived from a variety of fermented foods such as apples, rice, and barley and is most popular in Asian cuisines in sauces and marinades.

Vinegar, rice: Vinegar derived from fermented rice that is often used in sweet-and-sour dishes, as a salad dressing, or as a table condiment. It is generally milder than other types of vinegar.

W

Water bath: A small baking pan or casserole dish placed in a larger roasting pan or cake pan to which water has been added. The small pan sits in a "bath" of water in the oven while baking. The water tempers the oven's heat, preventing the contents of the small pan from cooking too quickly.

Whisk: A kitchen utensil consisting of several looped wires, typically made of stainless steel, that are joined together at a handle. It is used to whip ingredients, such as eggs, creams, and sauces.

Wok: A large, round metal pan used for stir-fry, braising, and deep-frying, most often for Asian dishes. Most woks are made of steel or sheet iron and have two large handles on each side. It is used directly on the burner, similar to a saucepan.

Worcestershire sauce: A thin, dark sauce used to season meats, soups, and vegetable juices, most often as a condiment. Garlic, soy sauce, vinegar, molasses, and tamarind are just a few ingredients that may be included.

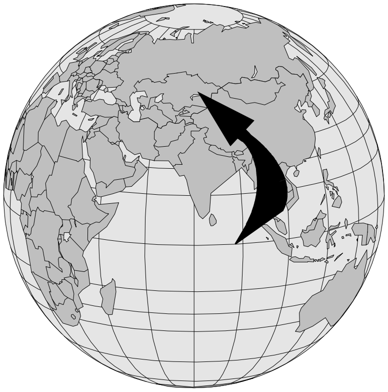
Y

Yucca: See cassava.

Z

Zest: The thin outer layer of the rind of a citrus fruit, particularly of an orange, grapefruit, lemon, or lime. The zest is the colorful layer of the rind, while the pith is the white portion. Most commonly used for its acidic, aromatic oils to season foods, zest can also be candied or used in pastries or desserts.

Kazakhstan



Recipes

1 GEOGRAPHIC SETTING AND ENVIRONMENT

Kazakhstan is located in southern Asia between Russia and Uzbekistan. Approximately 80 percent of the land consist of lowlands, plains, and plateaus. Strong winds often sweep through these flat lands. The country is about the size of two Alaskas—around one million square miles. However, its population is only about 17 million, less than New York City.

The climate in Kazakhstan is varied, and different plants and animals are found according to region. Parts of Kazakhstan become extremely cold in the winter and very hot during the summer. The Kara Kum Desert, the world's fourth largest desert, occupies most of central Kazakhstan.

Kazakhs constitute 46 percent of the population and Russians, 35 percent. The remaining population consists of Ukrainians, Germans, Uzbeks, Tatar, and other groups.

2 HISTORY AND FOOD

For hundreds of years, Kazakhs were herders who raised *qazaqi qoy* (fat-tailed sheep), cattle, *ayïr tüye* (Bactrian camels), and *at* (horses). Kazakh nomads heavily relied on their animals for transportation, clothing, and food. They usually ate mutton (sheep), milk, cheese, and flat bread baked on a griddle.

Kazakh nomads migrated from region to region, depending on available water and pastures for their livestock. They also produced goods that they traded for grain, vegetables, and fruits at markets in the more settled cities of south Kazakhstan. Cone-shaped tents called *yurts* were their homes, which were easy to set up, dismantle, and carry.

The nomadic way of life began to change in the 1800s, when the Russian Empire conquered the Kazakhstan region. Many Russians settled in the area, which greatly reduced the grazing lands needed for herds. Kazakhstan became part of the Soviet



Union in 1922, and Kazakh nomads began to settle in rural villages or cities. There are, however, some Kazakhs who still live the nomadic way of life, moving with their *yurts* and herds to summer pastures every year.

The Silk Road was a major trade and travel route that ran through present-day Kazakhstan between Asia, the Middle East, and Europe in ancient times. Present-day Kazakh cuisine includes some Uzbek, Russian, and Korean foods mainly found in cities. Traditional Kazakh foods reflect the nomadic peoples and also Middle Eastern influences. Horsemeat and mutton are the most common foods. Middle Eastern methods of preparing and seasoning rice, vegetables, *kebabs* (skewered meat), and yogurt have been added. Although Kazakh cuisine has some Russian influence (and vice-versa), the Russian people living in Kazakhstan have generally retained their native culture and cuisine. A traditional Russian meal includes meat, potatoes, dumplings, and vegetables. Cold dishes called *zakusk*i (smoked fish, pickles, or onions) may be served first. *Borscht* (beet soup) may be eaten next, followed by meat or fish with bread. Favorite drinks such as black tea and vodka are part of Kazakh and Russian custom. Russian food is found in abundance in northern Kazakhstan and larger cities.

3 FOODS OF THE KAZAKHS

Based on nomadic roots, horse meat and mutton (meat from sheep) are the basis of a majority of Kazakh dishes. Dishes include *shuzhuk* (a type of sausage made from smoked horse meat), and *kuyrdak*. *Kuyrdak* (also spelled *kuirdak)* is prepared from a freshly slaughtered horse, sheep, or cow, and consists of the animal's heart, liver, kidneys, and other organs. They are cut into pieces, boiled in oil, and served with onion and pepper. *Basturma* is mutton eaten with fresh cucumbers and tomatoes. Round, flat loaves of bread accompany most meals.

Basturma

Ingredients

1¾ pounds lamb meat (with or without bones), cut into pieces

4 onions, sliced

6 Tablespoons vinegar

2 Tablespoons oil

6 tomatoes, sliced

6 cucumbers, sliced

Procedure

1. Pour the vinegar over the lamb in a large mixing bowl.
2. Add the onions and cover with plastic wrap.
3. Refrigerate for 3 to 4 hours.
4. In a frying pan, heat oil over medium heat and add lamb mixture.
5. Brown both sides of the lamb, then cover.
6. Cook about 15 minutes.
7. Serve with sliced tomatoes and cucumbers.

Serves 5.

Beshbarmak, a traditional dish of meat (such as mutton) is eaten with boiled dough. The dough is rolled into thin strips and cooked in mutton broth. It is served with mutton over the top and flavored with garlic and onions. *Qazy* is smoked horsemeat sausage, sometimes served sliced over cold noodles.

Native fruits are grown in *mewäzar bagh* (orchards) and include *orik* (apricots), *shäftali* (peaches), *qawun* (melons), apples, and *uzum* (grapes). *Plov* (rice pilaf) is a side dish usually made with rice, dried apricots, dates, prunes, or Kazakh apples.

Plov (Rice Pilaf)

Ingredients

1½ cups cooked rice

⅓ cup slivered almonds

2 garlic cloves, minced

½ cup dates, pitted and chopped

⅓ cup prunes, pitted and chopped



EPD Photos

Garlic, dates, almonds, apricots, and prunes (clockwise from top) are added to rice and ground meat (usually lamb) to make plov, or Kazakh rice pilaf.

3 dried apricots, chopped

1 Tablespoon salt

½–1 pound ground lamb

1 teaspoon vegetable oil

1 onion, finely chopped

Procedure

1. Cook the rice according to package directions. Set aside.
2. Mix the lamb, almonds, fruits, onion, salt, and garlic in a large bowl.
3. In a frying pan, heat the oil over medium heat.
4. Brown the lamb mixture until lamb is no longer pink.
5. In a serving bowl, combine the lamb with oil and rice then mix.

Serves 8.

Mutton Kespe

Ingredients

2½ pounds lamb (with or without bones), cut into pieces

2 Tablespoons vegetable oil

2 carrots, chopped

1 onion, chopped

2 bay leaves

1 Tablespoon dried dill

Salt and pepper, to taste

4 cups cooked noodles (egg noodles are best)

Procedure

1. Place the cut lamb into a large pot. Add enough cold water to cover.
2. Bring to a boil, then reduce heat to low. Cook for about 1 hour.
3. In a skillet, heat the oil over medium heat. Sauté carrots, onion, and bay leaves about 10 minutes.
4. In a large bowl, mix the cooked noodles, onion, bay leaves, and carrots. Remove and discard bay leaves before serving.
5. Top with boiled lamb and dill.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Because the early nomads heavily depended on livestock for survival, animals were at the core of ancient Kazakh religion. Traditional beliefs held that separate spirits inhabited animals. Honored guests were sometimes asked to bless an animal and ask its spirit for permission to taste its flesh.

Most Kazakhs of the twenty-first century are Sunni Muslims. The Islam religion did not become widely practiced until the late 1700s. This is because the nomads of that time settled in rural areas, and the Muslims worshiped in mosques that were in the cities. Muslims in Kazakhstan celebrate the Festival of Fast-Breaking (known as *Id al-Fitr* or *Eid al-Fitr* elsewhere), which is the day ending Ramadan. Ramadan is a month-long fast, where Muslims cannot eat or drink from sunrise to sunset. During the Festival of Fast-Breaking, Kazakh Muslims visit each other and hand out deep-fried dough twists and other fried doughnuts, such as *baursaki*, as a form of celebration.

Baursaki (Fried Doughnuts)

Ingredients

4 cups flour

2 Tablespoons yeast

½ cup water

½ cup milk

2 eggs

2 Tablespoons butter or margarine

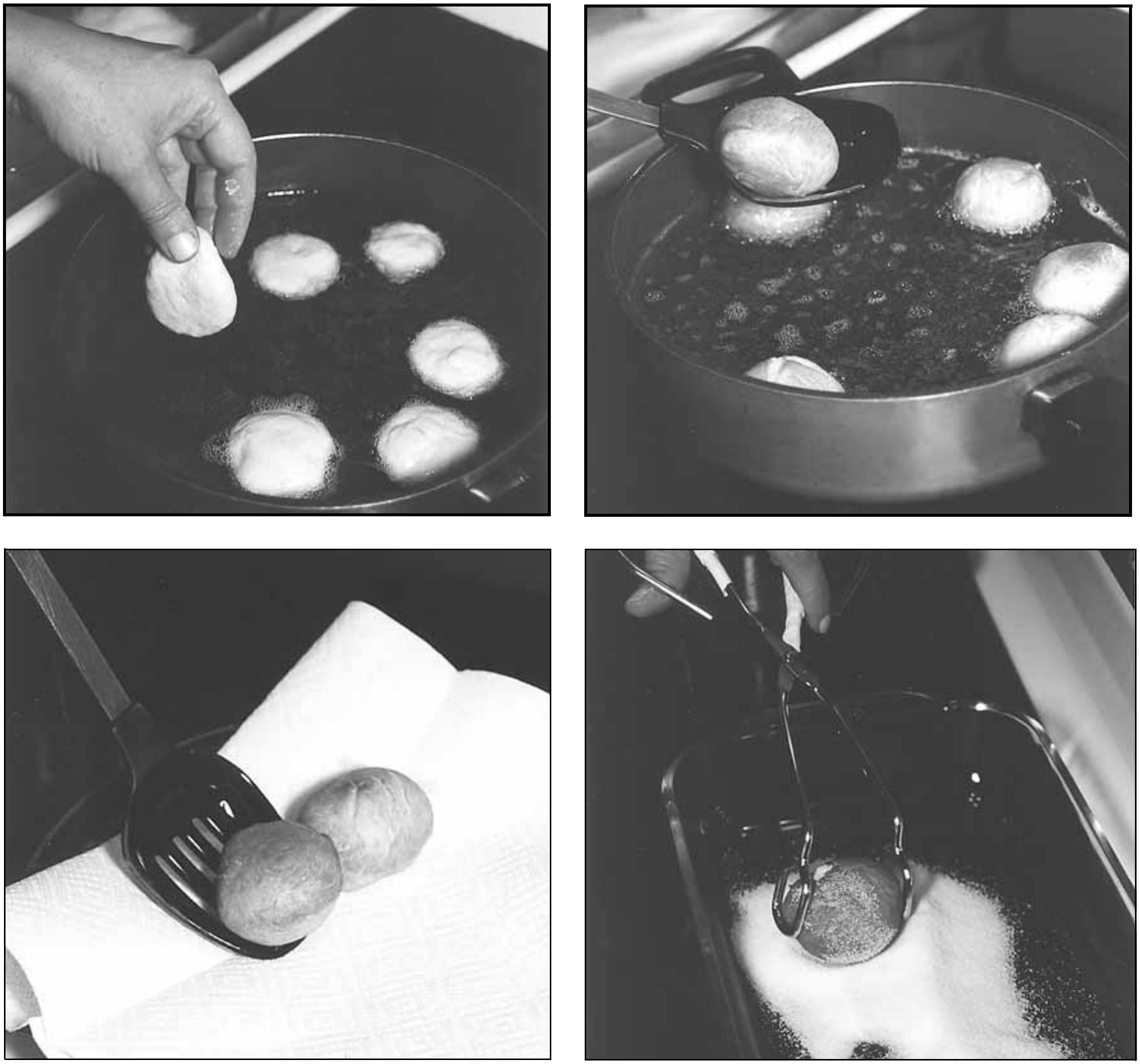
1½ Tablespoons sugar

2 cups vegetable oil

½ teaspoon salt

Procedure

1. Combine all ingredients into a large mixing bowl to form dough.
2. Knead the dough on a floured surface, then return to mixing bowl.
3. Cover with a towel and let sit for 30 minutes. Heat oil in deep skillet over high heat.
4. Pull off Tablespoon-size pieces of the dough and roll into a ball.



EPD Photos

Drop balls of dough into hot oil. Then sprinkle the finished baursaki with sugar.

5. Press down slightly, then drop carefully into oil and fry until golden brown.
6. Drain on paper towels.
7. Optional: sprinkle with sugar.

Secular (non-religious) holidays include International Women's Day (March 8) and New Year's Day. On March 8, all women (not just mothers) are honored and celebrated by food and dancing. New Year's



EPD Photos/Jeannine Davis-Kimball

Nomadic women prepare bread to be baked on a griddle over an open fire.

Day is celebrated much like Christmas in the United States. People decorate trees in their homes, exchange gifts, and gather with family and friends to sing and eat together.

5 MEALTIME CUSTOMS

Hospitality is an important part of Kazakh culture. A Kazakh host will feel offended if a guest does not have some refreshments, or at least a cup of tea. Refreshments might include dried and fresh fruits (grapes or melon), nuts, cakes, or *baursaks* (a type of bread). They also may be offered some fermented *kymyz* (milk from a female horse) to drink. Tea and *kymyz* are served in a *piala* (Asian teacup) or a wooden bowl. A guest is usually offered a place of honor at the table.

If invited to a person's *yurt* (tent-like dwelling), diners step outside to wash their hands before a meal. A prayer is said and the guest is served first. Eating is usually done with the right hand, or a knife and fork. Tea is usually served after dinner. Once the adults have eaten, children eat the leftovers.

A unique custom in Kazakhstan is the *dastarkhan*, a feast for visiting guests and special occasions that includes meat dishes and dairy products. Appetizers may be smoked or boiled meat, *zhuta* (pasta stuffed

Dastarkhan

Tea
Smoked lamb
Gutap (deep-fried fritters)
Sorpa (rich broth)
Besbarmak (meat with boiled dough)
Shubat (milk tonic)

with pumpkin or carrot), and flat cakes. Vegetables, *sorpa* (rich broth), and *shubat* (a milk drink) may be offered next. For the feast, an entire animal, usually a sheep, is slaughtered and the oldest member of the family carves the head and serves the family. This is considered an honor in Kazakhstan. *Besbarmak* is the animal's meat, boiled, and served on a platter with dough that has been boiled in broth. Different parts of the animal symbolize traits desired by those eating them. For example, children are often served the ears as a symbol to listen better. The person who receives the eye should seek wisdom, and a tongue means that a person should be more expressive.



Cory Langley

This Kazakh teenager enjoys the same rock music as his counterparts the world over—but the milk he drinks is more likely to be from a sheep or goat than from a cow.

Rice Sorpa

Ingredients

1½ pounds beef or lamb (with or without bones), cut into pieces
1 medium onion, chopped
2 cups cooked rice
2 Tablespoons dried dill
½ teaspoon salt
2 bay leaves

Procedure

1. Place meat in a large pot and fill with enough cold water to cover. Add remaining ingredients except cooked rice.
2. Bring to a boil and cook, about 45 minutes. Add rice and cook 5 additional minutes.
3. Serve in individual bowls.

Serves 4.

6 POLITICS, ECONOMICS, AND NUTRITION

Kazakhstan was the site of the former Soviet Union's nuclear testing programs, and areas of the country have been exposed to high levels of nuclear radiation. This exposure has weakened the health of many Kazakh residents. These people generally have weak immune systems, which is passed down to their children.

A significant percentage of children under the age of five suffer from anemia (insufficient iron in the blood). Some researchers have estimated it will take 50 years for these conditions (weak immune systems and anemia) to reverse, which may be accomplished by the unhealthy people marrying those who are healthy.

Because of the sparse (for its area) population, most Kazakhs have adequate food and do not have a problem with nutrition. Almost half of the population is employed in agriculture. Crops such as wheat, barley, beets, melon, grapes, and apples are grown. Kazakhstan's natural pastures provide good feeding for sheep, horses, cattle, and goats.

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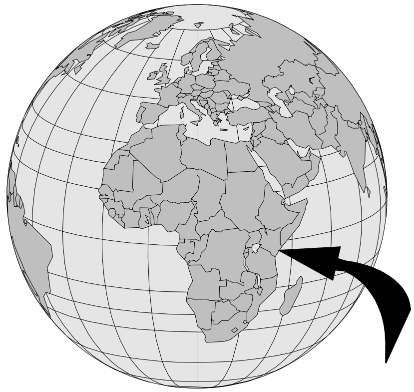
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Kenya

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Kenya is located in East Africa near the Equator (the imaginary line that divides the Earth into the Northern and Southern Hemispheres). The country is approximately twice the size of Nevada. The southeast part of Kenya borders the Indian Ocean. The land regions are varied and range from year-round snow in the Kenya and Kilimanjaro Mountains to warm, tropical beaches. Some of the regions are desert, but most land is rolling grasslands and forests.

Kenya's climate is as varied as the land areas. Typically, there are two rainy seasons. The highest amount of rainfall occurs in April and the least rainfall occurs in January. The evenings in the Central Highlands can be quite chilly and the coastal areas are usually hot and humid.

2 HISTORY AND FOOD

When the Portuguese arrived in 1496 on the coast of Kenya, they introduced foods from newly discovered Brazil. Maize, bananas, pineapple, chilies, peppers, sweet potatoes, and cassava were brought in and became local staples. The Portuguese also brought oranges, lemons, and limes from China and India, as well as pigs.

Pastoralism (cattle herding) has a long history in Kenya. Around A.D. 1000, a clan from North Africa called the Hima introduced cattle herding. By the 1600s, groups like the Maasai and Turkana ate beef exclusively. Cattle provided meat, milk, butter, and blood.

When the Europeans arrived at the shores of Kenya, they brought with them white potatoes, cucumbers, and tomatoes. The British imported thousands of Indians for labor, and curries (spicy dishes made with curry spice), *chapattis* (a flat, disk-shaped bread made of wheat flour, water, and salt) and chutneys (a relish made of spices, herbs, and/or fruit) became a traditional Sunday lunch for many Kenyans.



3 FOODS OF THE KENYANS

Kenya is a multi-racial society, the majority of people comprising native ethnic groups. The rest of the population is Asian, Arab, and European. The official languages of Kenya are Swahili and English.

Traditional Kenyan foods reflect the many different lifestyles of the various groups in the country. Most Kenyan dishes are filling and inexpensive to make. Staple foods consist mainly of corn, maize, potatoes, and beans. *Ugali* (a porridge made of maize) and meat are typically eaten inland, while the coastal peoples eat a more varied diet.

The Maasai, cattle-herding peoples who live in Kenya and Tanzania, eat simple foods, relying on cow and goat by-products (such as the animal's meat and milk). The Maasai do not eat any wild game or fish, depending only on the livestock they raise for food.

The Kikuyu and Gikuyu grow corn, beans, potatoes, and greens. They mash all of these vegetables together to make *irio*. They roll *irio* into balls and dip them into meat or vegetable stews.

In western Kenya, the people living near Lake Victoria (the second-largest freshwater lake in the world) mainly prepare fish stews, vegetable dishes, and rice.

Irio

Ingredients

2 cups corn

2 cups red kidney beans

4 potatoes, peeled and quartered

2 cups spinach

Salt and pepper

Procedure

1. Place the potatoes into a pot, cover with water, and boil until soft, about 10 to 15 minutes. Set aside.
2. In a large saucepan, combine the corn, beans, and spinach and cook over low to medium heat until vegetables are soft.
3. Add the potatoes. Season with salt and pepper and mash the mixture with a fork or wooden spoon.

Serves 4.



Susan Rock

Two fruit and vegetable vendors chat while waiting for customers. Kenyans enjoy both vegetable stews and meat stews, prepared with a wide variety of vegetables.

Western Kenya Cabbage and Egg

Ingredients

1 cup water

1 small cabbage, chopped

½ cup vegetable oil

2 onions, chopped

2 large tomatoes, chopped

3 eggs

Salt, to taste

Procedure

1. In a saucepan, boil the water, then add the cabbage. Cover and cook for 10 minutes.
2. Drain, season with salt, and set aside.
3. Heat the oil in a frying pan and add the onions and tomatoes. Cook over medium heat until soft.
4. Add the salted cabbage to the frying pan and cook for another 10 minutes, stirring occasionally.
5. In a small mixing bowl, beat the eggs. Stir the eggs into the frying pan with the vegetable mixture and cook for about 3 minutes, or until the eggs are thoroughly cooked.
6. Serve with rice, *ugali*, or potatoes.

Serves 2 to 4.

The only place where a distinct cuisine has developed is on the eastern coast, where Swahili dishes reflect the history of contact with the Arabs and other Indian Ocean traders. They sailed in with dried fruits, rice, and spices, which expanded the Swahili diet. Here, coconut and spices are used heavily.

Although there is not a specific national cuisine, there are two national dishes: *ugali* and *nyama choma.* Maize (corn) is a Kenyan staple and the main ingredient of *ugali*, which is thick and similar to porridge. Many Kenyans eat this on a daily basis. It takes a lot of practice to boil the porridge without burning it. *Ugali* is usually eaten with meat, stews, or *sukuma wiki,* which literally translates to "stretch the week." This means that the food is used to stretch meals to last for the week. *Sukuma wiki* is a combination of chopped spinach or kale (a leafy green vegetable) that is fried with onions, tomatoes, maybe a green pepper, and any leftover meat, if available. It is seasoned with salt and some pepper. The traditional way of eating *ugali* is to pinch off a piece of the dough with the right hand, and shape it into a scoop by pressing and indentation into the dough with the thumb. The *ugali* is used to scoop sauces or stew.

Ugali

Ingredients

1 cup milk

1¼ cups cornmeal

1 cup water

Procedure

1. Pour the milk into a mixing bowl. Slowly add ¾ cup of the cornmeal and whisk constantly into a paste.
2. Heat the water in a medium saucepan to boiling.
3. Using a wooden spoon, stir cornmeal and milk paste mixture into the boiling water. Reduce heat to low.
4. Slowly add the remaining ½ cup of cornmeal, stirring constantly. The mixture should be smooth with no lumps.
5. Cook for about 3 minutes. When the mixture begins to stick together and pull away from the sides of the pan, remove from heat.
6. Pour mixture into a greased serving bowl and allow to cool.
7. Serve at room temperature as a side dish to meat and vegetables.

Serves 4.

Sukuma Wiki

Ingredients

2 Tablespoons oil

1 onion, chopped

1 tomato, chopped

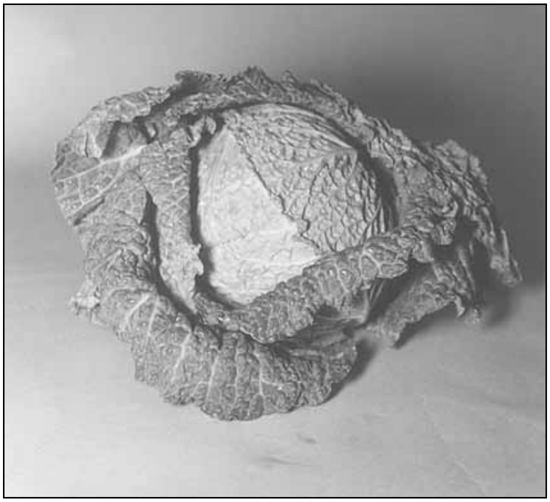
One bunch sukuma (kale or collard greens), chopped

½ cup water

Salt

Procedure

1. Heat oil in a frying pan and add the onions. Sauté about 2 to 4 minutes.
2. Add tomato and greens and sauté about 1 minute.



EPD Photos

Sukuma Wiki is made from chopped kale (shown here) or collard greens.

3. Add ½ cup water and then add salt to taste. Let the mixture simmer until the *sukuma* is tender.

Serves 2.

Nyama choma is roasted or grilled meat, usually goat. The process of grilling meat in Kenya is different from the process of barbequing meat typically used in the United States. Basting (moistening the meat) and the use of herbs and seasonings (except salt and pepper) are not used in most Kenyan dishes. When eating *nyama choma* at a restaurant, the diner chooses from a selection of meat that is bought by the kilogram (1 kilogram equals about 2 pounds). It is grilled plain and brought to the table sliced into bite-sized pieces. It is often served with mashed vegetables.

The varied climate and geographical areas in Kenya are home to many different types of fruits. Some examples are mangoes, papaya, pineapple, watermelon, oranges, guavas, bananas (many varieties), coconuts, and passion fruit. Passion fruit juice is sold everywhere and is the most popular, known locally in English simply as "passion."

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Kenya's religious heritage mirrors its ethnic history. About 65 percent of the population are Christians and 2 to 4 percent are Muslim. The remainder practice traditional native beliefs.

Christmas in Kenya is a time for social gatherings and food. Visitors will stop at the homes of friends and family, and food is served to everyone. Christmas dinner is likely to be fish or *nyama choma*. Goat or beef is used for *nyama choma*, although goat is considered a greater delicacy. Vegetables, fruit, and *chapattis* are often served with chutney.

Yogurt Chutney

Ingredients

1½ cups yogurt

2 Tablespoons mint, finely chopped

1 Tablespoon coriander

½ teaspoon salt

½ teaspoon sugar

Hot pepper flakes, to taste

Procedure

1. Mix all of the ingredients together in a mixing bowl.
2. Chill.
3. Serve as a condiment for meats and vegetables.

Nyama Choma

Ingredients

3 pounds beef short ribs or spare ribs

Salt and pepper, to taste

Procedure

1. Season the ribs with salt and pepper.
2. Grill on a gas or charcoal grill over medium-high heat for 1 hour. Alternatively, roast in the oven at 300°F for 1½ to 2 hours. The meat should be dry and chewy.

Serves 4 to 6.

One of the biggest celebrations in Kenya is Kenyatta Day (October 20). It is in honor of Kenya's first president and patriot, Mzee Jomo Kenyatta. During this holiday (and all observed holidays), schools and businesses are closed. Celebrations include festivities such as dancing in homes, bars, and nightclubs. Feasts of *nyama choma,* candy, and bottled drinks, such as Fanta (orange soda), are common.

5 MEALTIME CUSTOMS

A typical Kenyan *chakula* (meal) is usually a heavy staple food, such as *ugali* or potatoes, with a side of vegetables. *Ugali* is typically served on a large dish where everyone can reach (using the right hand). Fruit is usually eaten for dessert in place of sweets.

Mandazi, a semisweet, flat doughnut, is usually eaten at *chakula cha asubuhi* (breakfast) with *kahawa* or *chai* (coffee and tea in Swahili). *Chai* is served very milky and sweet. The tea, milk, and sugar are put into cold water and brought to a boil. Kenyans also eat *chapattis* at breakfast and usually dunk it into their coffee.

Lunch is the main *chakula* of the day. Meat such as beef, goat, or mutton (sheep) is most commonly eaten. Other dishes can include *githeri*, a mix of beans (usually red kidney beans) and corn, and *matoke*, or mashed plantains (similar to a banana). Foods served at dinner are much like what is served at lunch.

Githeri

Ingredients

1 can corn

1 can kidney beans

Procedure

1. Pour corn and beans into a saucepan.
2. Heat on medium to low and simmer until cooked through.
3. Serve with *chapattis, ugali*, and meat to complete a Kenyan meal.

Serves 2 to 3.

Matoke (Mashed Plantains)

Ingredients

8 plantains (can be found in most supermarkets)

2 Tablespoons lemon juice

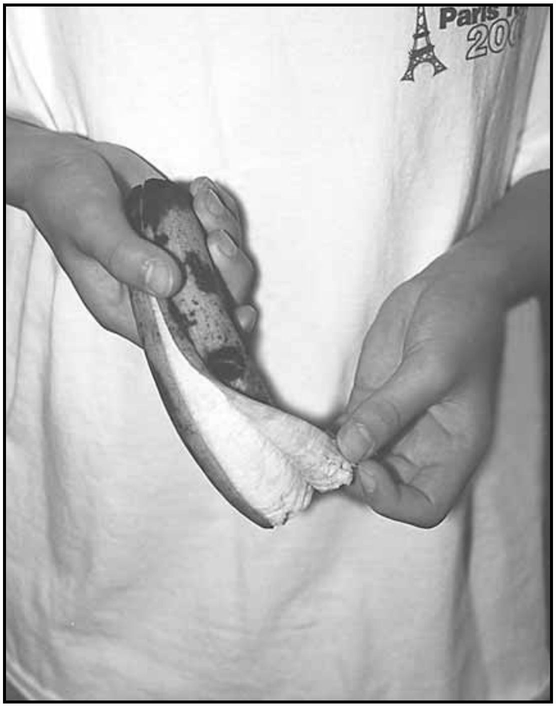
1 Tablespoon butter

2 onions, sliced

2 teaspoons coriander

2 cups beef stock

Red pepper flakes, to taste



EPD Photos

An easy way to peel the plantains for matoke is first to cut off the tip and then slit the peel the length of the fruit.

Procedure

1. Peel the plantains.
2. In a bowl, soak in lukewarm water with lemon juice for 2 minutes.
3. Melt the butter in a large saucepan.
4. Fry the onions and coriander for about 3 minutes.
5. Add pepper flakes to taste.
6. Add the bananas and cover with the beef stock.
7. Simmer on low heat for about 30 to 35 minutes.

Serves 4 to 6.

A knife and fork are usually used when eating European cuisine in Kenya. When eating the traditional Kenyan way, a piece of *ugali,* held in the right hand, is used as a sort of utensil to scoop up food. The Kiswahili word for "right" is *kulia*, which means "to eat with." The right hand is usually used to pass and accept items. Use of the left hand is considered improper. Eating customs vary throughout Kenya. For example, among the Samburu, warriors avoid eating in front of women, men are often served first, and children sometimes eat separately from adults.

Street vendors are found on almost any street corner in Kenya and offer a variety of snacks. *Sambusas* are deep-fried pastry triangles stuffed with spiced minced meat and are considered the most common snack. Corn on the cob is roasted on a wire grill over a bed of hot coals and sold cheaply for a few Kenyan shillings (one Kenya shilling equals about sixty U.S. cents). Another snack is called *mkate mayai* ("bread eggs"), a wheat dough spread into a thin pancake, filled with minced meat and raw egg, then folded. Sweets such as ice cream, yogurt, and deep fried yams (eaten with a squeeze of lemon juice and a sprinkling of chili powder), are offered as well. In rural areas, children can be seen snacking on roasted maize (corn) and sugar cane. Kenyan children like to snack on burgers and fries as well, which are sold in fast food shops.

Kenyans enjoy eating in a variety of international restaurants and fast-food chains. Fries with ketchup are popular, along with sausages, eggs, fish, and chicken. Most fast food restaurants are located in Nairobi, Kenya's capital city.

6 POLITICS, ECONOMICS, AND NUTRITION

At the beginning of the twenty-first century, a prolonged drought (especially affecting northern Kenya) was a major cause of malnutrition, destroying food crops and forcing poorer families to live on meals of maize. This lack of protein results in deficiency diseases, especially with younger children. Symptoms of such diseases include fatigue and lethargy. In children, lack of protein results in poor growth with generalized swelling. A protuding round stomach is a common and visible symptom of severe malnutrition. Skin rashes and hair loss are also common.

About 41 percent of the population of Kenya is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 23 percent are underweight, and over 34 percent are stunted (short for their age).

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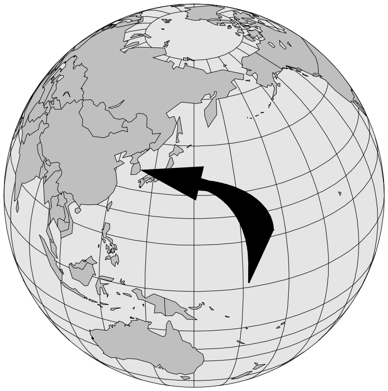
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Korea

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Korean Peninsula is a large finger of land that extends south from the northeastern border of China into the ocean parallel to Japan. It is surrounded by the Sea of Japan and the East China Sea. Until World War II (1939–1945), Korea was a single country. After World War II, Korea was divided in half to form the Democratic People's Republic of Korea (known as North Korea) with a communist form of government, and the Republic of Korea (known as South Korea) with a democratic form of government.

Both North Korea and South Korea have problems with air and water pollution, and both governments have passed laws to control pollution. Higher elevations are found in North Korea, while South Korea has fertile plains suitable for agriculture in its southern region. The climate supports agriculture, and South Korea grows enough rice to support its population. The main rivers, the Han and the Kum, help to provide adequate water supply for the agricultural lands.

2 HISTORY AND FOOD

Since the country was divided into North Korea and South Korea, the government of North Korea has not welcomed outsiders. Because of this, information about its food and the cooking style of its people is not readily available. Most of the descriptions and recipes included here come from South Korea, although the same foods are probably enjoyed by North Koreans and people of Korean descent living anywhere in the world.

The seas surrounding the Korean peninsula—the Yellow and East China seas, and the Sea of Japan—provide not only many types of seafood, like tuna, king crab and squid, but moisture for the fertile soil needed to grow rice and grains.

For centuries, the Koreans have eaten the products of the land and sea. They began



growing grains thousands of years ago, and rice cultivation was introduced to some parts of the country around 2000 B.C. During this time they also grew millet (a type of grass grown for its edible seed), soybeans, red beans, and other grains. They cured and pickled fish, were skilled in making wine and bean paste, and often used honey and oil in cooking.

Chinese and Japanese invasions during the fourteenth through twentieth centuries gave rise to a culinary influence on Korea that remains today. Like the Chinese and Japanese, Koreans eat rice with almost every meal and use chopsticks. Eating with chopsticks means the food is usually cut up into little pieces that are easy to pick up. Food cut this size cooks fast, which cuts down on the use of fuel.

Unlike China and Japan, however, Korea was never a tea-drinking nation. Historically, China and Japan had to boil their water for it to be fit to drink. Korea's water was pure, which led them to discover other beverages, such as ginseng and ginger drinks (made from herbs of the same name), wines, and spirits. *Soo Chunkwa* (ginger drink) is often served on joyous occasions during the winter, and especially at New Year's.

Soo Chunkwa (Ginger Drink)

Ingredients

½ pound ginger (the actual root, not powdered)

10 cups cold water

¾ pound dried jujubes (red dates used in sweet dishes), or substitute brown dates

1 jar (16-ounce) of honey

Pine nuts (can be found at the local supermarket)

Cinnamon

To prepare jujubes

Note: This step applies only if jujubes are being used. Skip this step if using dates.

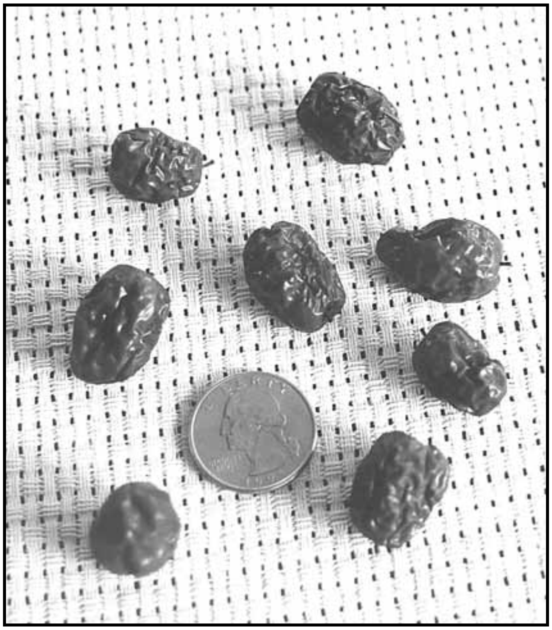
1. Wash the jujubes under cold running water.
2. Place them in 4 cups of water and bring it to a boil. Cook for 30 minutes. Cool to room temperature.

Procedure

1. Wash, but do not peel the ginger.
2. Slice it paper-thin.

3. Place the ginger in a large pot and add 10 cups cold water.
4. Bring to a boil, lower heat, and simmer for 2½ hours.
5. Scoop out all of the ginger with a slotted spoon and throw it away.
6. Heat the ginger water to boiling again, and add the honey.
7. Boil on high heat for 5 to 10 minutes or until the honey has been completely dissolved.
8. Let the ginger water cool to drinking temperature (just warm).
9. Place a jujube (or date) at the bottom of each glass.
10. Add the ginger water; top each glass with 2 pine nuts and sprinkle with a dash of powdered cinnamon.

Makes about 10 servings. Soo Chunkwa will keep, refrigerated, for a few days.



EPD Photos

Dried jujubes, available at Asian specialty markets, resemble raspberries. One jujube is placed in each glass of soo chunkwa (ginger drink). Before they can be used in most recipes, jujubes must be presoaked.

3 FOODS OF THE KOREANS

Korea shares many similarities with other Asian cuisines such as the importance of rice and vegetables and cooking methods such as stir-frying, steaming, and braising (food first browned in oil, then cooked slowly in a liquid). As is true of the rest of Asia, Koreans eat far less meat than people in the Western world. Red meat is scarce and very expensive, so it is usually saved for special occasions. Chicken or seafood is more commonly eaten.

Korean food is often very spicy. Red pepper paste, green onion, soy sauce, bean paste, garlic, and ginger are just some of the many seasonings Koreans use to flavor their dishes. The food is served with a bland grain such as rice to cool the heat of the spices.

The Korean way of preparing and eating their dishes makes for healthy eating. Generally speaking, Koreans are thin people. Being overweight is considered a sign of wealth and dignity and seen particularly among the rich, and high officials.

A meal served for a group of people often includes several large dishes and as many as twenty side dishes. Unlike other Asian cuisines, Korean cuisine includes many uncooked vegetables served in the form of salads and pickles. Traditional Korean meals include soup, served hot or cold depending on the season, like *kamja guk* (kahm-jah gook; potato soup), and *hin pap* (heen pop; white rice).

Kamja Guk (Potato Soup)

Ingredients

2 cans beef or chicken broth

2 large potatoes, peeled and cut into bite-sized pieces

2 medium carrots, peeled and cut into bite-sized pieces

½ cup mushrooms, chopped

1 green onion, chopped

Pinch black pepper

Procedure

1. In a large saucepan, combine broth, potatoes, and carrots.
2. Bring to a boil over high heat, and cover.
3. Reduce heat to low and cook for 10 minutes, or until vegetables are tender.
4. Add mushrooms, green onions, and black pepper.
5. Stir well and cook for 2 minutes more.
6. Serve hot.

Kimchi (pronounced kim chee), a common spicy Korean side dish, is considered a national dish. *Kimchi* comes in a variety of flavors depending on family tradition. The main ingredients are cabbage and radish, which are fermented with red chilies, salt, and other vegetables. *Kimjang* is the traditional Korean custom of making *kimchi* in the early winter to prepare for the cold months.



EPD Photos

Kimchi is served with almost every meal in Korea. It is usually homemade, but it may be found in many large grocery stores and specialty markets.

Kimchi

Ingredients

1 cup medium cabbage, chopped

1 cup carrots, thinly sliced

1 cup cauliflower, separated into small pieces

2 Tablespoons salt

2 green onions, thinly sliced

3 cloves garlic, thinly chopped, or 1 teaspoon garlic powder

1 teaspoon crushed red pepper

1 teaspoon fresh ginger, finely grated, or ½ teaspoon ground ginger

Procedure

1. Combine cabbage, carrots, and cauliflower in strainer and sprinkle with salt.
2. Toss lightly and set in sink for about one hour and allow to drain.

3. Rinse with cold water, drain well and place in a medium-size bowl.
4. Add onions, garlic, red pepper and ginger.
5. Mix thoroughly.
6. Cover and refrigerate for at least 2 days, stirring frequently to mix flavors.
7. Allow kimchi to sit for 1 or 2 days to ferment. The longer it sits, the spicier it will become.

Hin pap (heen pop; white rice) remains the main staple and is the biggest crop produced in South Korea. It can be eaten in many different ways. There are *ogokbap* (boiled rice mixed with four grains), *yakbap* (a sweet rice dish), and over fifty varieties of rice cakes.

Hin Pap (White Rice)

Ingredients

2 cups short-grain white rice (not instant)

2⅔ cups water

Procedure

1. Pour the rice and water into a deep saucepan, and stir to combine.
2. Bring to a boil over high heat.
3. Boil, uncovered, for 2 to 3 minutes. Stir.
4. Cover pan, reduce heat to low, and simmer rice 20 to 25 minutes, or until all water is absorbed.
5. Remove pan from heat.
6. Keep covered for 10 minutes.
7. Fluff with a fork and serve hot.

Serves 6 to 8.

Other common dishes include *kalbi* (marinated beef short ribs) and *sinsollo* (a meal of meat, fish, vegetables, eggs, nuts, and bean curd cooked together in broth).

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Traditional Korean holidays have developed under the influence of the seasons, rural agricultural life, and the religions of Buddhism and Confucianism. As of the twenty-first century, traditional holidays still held significant meaning in the daily lives of the Korean people.

Toasted Sesame Seeds

Toasted sesame seeds are an ingredient in many Korean recipes, such as Chap Ch'ae, Ch'o Kanjang, and Shigumch'i Namul.

Ingredients

4 teaspoons sesame seeds

Procedure

1. Measure sesame seeds into a small frying pan (do not add oil).
2. Cook, stirring constantly over medium heat 2 to 4 minutes or until the seeds are golden brown (be careful not to burn).
3. Remove the seeds from heat and pour into a large bowl. Crush with the back of a wooden spoon.

The Lunar New Year, or Sol, is the first day of the new year. Koreans traditionally hold a memorial service for their ancestors, after which they perform *sebae*, a formal bow of respect, to their elders as a New Year's greeting. The day is always celebrated with a bowl of *ttokkuk*, or rice cake soup. Other popular foods eaten on Lunar

New Year are *chapch'ae* (noodles with meat and vegetables), *pindaettok* (mung bean pancakes), and *sujonggwa* (cinnamon flavored persimmon punch). At weddings, *yakshik*, a sticky rice ball loaded with chestnuts, jujubes, raisins, and pine nuts to symbolize children, is served.

Chap Ch'ae (Mixed Vegetables with Cellophane Noodles)

Ingredients

5 dried black mushrooms (button mushrooms, or one small can of mushrooms may be substituted)

1 cup hot water

4 Tablespoons soy sauce

2 teaspoons sugar

½ teaspoon garlic, finely chopped

4 teaspoons toasted, crushed sesame seeds (see above on how to make)

1 boneless, skinless chicken breast cut into bite-sized pieces

1 package cellophane noodles (can be found in the supermarket)

6 Tablespoons vegetable oil

1 large onion, peeled and chopped

3 carrots, peeled and cut into medium strips

1 cup bean sprouts

½ cup fresh spinach, chopped

5 teaspoons sesame oil

Procedure

1. If using dried black mushrooms, put them into a small bowl and pour hot water over them. Soak for 20 minutes or until soft.
2. Marinate chicken: In a medium bowl, combine 2 Tablespoons soy sauce, 1 teaspoon sugar, garlic, 2 teaspoons sesame seeds, and chicken. Set aside.
3. Prepare noodles: Heat 3 cups of water to a boil in a large saucepan. Add the cellophane noodles and return to a boil.
4. Reduce heat to medium to high and cook uncovered, for 5 to 7 minutes or until soft. Drain the noodles and rinse briefly in cold water. Place in large mixing bowl and set aside.
5. Prepare chicken and vegetables: In a large frying pan or wok, heat 1 Tablespoon vegetable oil over high heat for 1 minute.
6. Add chicken mixture and fry, stirring frequently, for 3 to 4 minutes or until chicken is white and tender. Remove pan from heat and add chicken to noodles.
7. When pan has cooled, wash and dry it completely.
8. Heat 1 Tablespoon vegetable oil over high heat for 1 minute. Add mushrooms and cook, stirring frequently, for 1 minute or until soft.
9. Repeat with remaining vegetables, cooking each one separately. (It is not necessary to wash and dry the pan between vegetables.)
10. Add 2 tablespoons soy sauce, 1 teaspoon sugar, 2 teaspoons sesame seeds and 5 teaspoons sesame oil to noodle mixture and mix well. Serve warm or at room temperature.

Serves 2.

Honoring a family's ancestors is an important part of Korea's heritage. Four generations of ancestors are honored on the day before the anniversary of a person's death. Food is served in dishes with special stands to prevent the plates from touching the table. Food is arranged and combined

according to strict ancient customs. For example, at least three different colors of fruits and vegetables are set on the table: red fruits and fish to the east, and white fruits and meat to the west. A special dish that may be served is *kujolpan*, which is served in a nine-compartment dish. These compartments are filled with nine different kinds of brightly colored meats and vegetables. These foods are wrapped in thin pancakes and eaten at the table.

Another traditional holiday in South Korea is called *Yadu Nal*, or Shampoo Day, on June 15. Friends and family gather at a stream or waterfall to bathe in the clear water, a ceremony they believe will ward off fevers for the rest of the year. A picnic meal is packed and may include *mandu* (mahn-doo; dumplings), sweet rice cakes, grilled fish or meat, and watermelon.

Mandu (Korean Dumplings)

Ingredients

¼ pound ground beef

1 cup vegetable oil

1 Tablespoon vegetable oil

½ small onion, peeled and finely chopped

¾ cup cabbage, shredded

½ cup bean sprouts

1 green onion, finely chopped

1½ teaspoons black pepper

Salt, dash

25 wonton wrappers (can be found at a supermarket)

1 egg

Procedure

1. In a large frying pan or wok, cook meat until brown, mashing with a fork to break into small pieces. Remove meat, using a slotted spoon to drain off fat, and set meat aside in a bowl.
2. Once cool, wash frying pan or wok and dry thoroughly.
3. Heat 1 Tablespoon vegetable oil over high heat for 1 minute.
4. Add onions and cook 2 to 3 minutes or until crisp and tender.
5. Add cabbage and continue to cook, stirring frequently until cabbage is crisp and tender.
6. Add bean sprouts and green onion, mix well, and cook for 1 to 2 minutes more.
7. Remove pan from the heat and drain vegetable mixture.
8. In a large bowl, combine meat, vegetables, salt and black pepper and mix well to make the filling.
9. Place 1 wonton wrapper on a flat surface and cover remaining wrappers with a damp paper paper towel (not dish towel) so they won't dry out.
10. Beat the egg in a small bowl. Brush all 4 edges of the wonton wrapper with the beaten egg.
11. Place about 1 Tablespoon of the filling mixture just above the center of the wonton wrapper.
12. Fold wrapper in half over filling and press the edges together to seal, forming a dumpling.
13. In a large frying pan or wok, heat 1 cup vegetable oil over medium heat for 1 minute.
14. Carefully place 6 dumplings into oil with tongs and fry 3 to 4 minutes or until golden brown.
15. Turn and fry the other side, 2 to 3 minutes.

5 MEALTIME CUSTOMS

There is little difference in what Koreans eat for breakfast, lunch, or dinner. Breakfast, the biggest meal of the day, may include a cold soup, such as *oi naeng guk* (oh-ee nayng good; cucumber soup), steamed peppers, and *saeng son jon* (fish patties). *Pulgogi* (pool-goh-gee; grilled beef) is one of Korea's best-known meat dishes.

Pulgogi (Korean Beef)

In Korea, Pulgogi is prepared on a small grill at the table.

Ingredients

2 pounds beef sirloin

½ cup soy sauce

½ cup water

1 Tablespoon sesame oil

1 Tablespoon sesame seed

1 Tablespoon garlic powder

½ teaspoon ginger

3 Tablespoons brown sugar or honey (white sugar may be substituted)

Procedure

1. Before beginning, place meat in the freezer for 10 minutes to make it easier to slice. Slice beef as thinly as possible.
2. Cut meat slices into bite-sized squares. Lightly score the surface of each square to prevent the meat from curling when cooked.
3. Put the meat pieces into a large mixing bowl. Add all the other ingredients, and stir with a wooden spoon to mix everything together.
4. Cover the bowl and refrigerate for several hours (at least one hour) to allow the meat to absorb the flavors of the marinade.
5. Transfer everything to a large saucepan. Heat over medium-low heat until the mixture begins to simmer. Cover and cook about 30 minutes, until the meat has been thoroughly cooked. Stir every 5 minutes to prevent meat from sticking.
6. Serve with rice and kimchi.

Serves 8 to 10.

Ch'o Kanjang (Vinegar Soy Sauce)

Ingredients

4 Tablespoons soy sauce

3 Tablespoons vinegar

1 teaspoon sugar

1 teaspoon green onions, finely chopped

1 teaspoon toasted sesame seeds (see recipe)

Procedure

1. Combine all ingredients in a small bowl. Stir to dissolve sugar.
2. Vinegar soy sauce will keep up to a week, covered, in the refrigerator.

Lunch could be *kamja guk* (kahm-jah gook; potato soup) and mixed vegetables with *chap ch'ae* (chop-chay; cellophane noodles made from mung bean flour). For dinner, perhaps *kalbi guk* (kahl-bee gook; beef short rib soup), *shigumch'i namul* (shee-guhm-chee nah-mool; spinach salad), pulgogi (pool-goh-gee; Korean beef), and steamed chicken is eaten. Of course, all three meals would be served with white rice and *kimchi*. A good Korean cook will try to

include five colors at every meal: red, green, yellow, white, and black. Koreans seldom serve dessert, but often eat fresh fruit instead.

Shigumch'i Namul (Korean Spinach)

Ingredients

½ cup water
1 pound fresh spinach, rinsed with water
2 teaspoons soy sauce
1 Tablespoon sesame oil
½ teaspoon garlic, finely chopped
1 Tablespoon toasted sesame seeds (see recipe)

Procedure

1. In a large saucepan, bring water to a boil.
2. Add spinach, cover, and reduce heat to medium to high. Cook for 2 to 3 minutes, or until bright green.
3. Pour into a strainer. Cool.
4. Gently squeeze out excess water with your hands.
5. Chop spinach and place in a large bowl.
6. Add remaining ingredients and mix well.
7. Serve at room temperature.

Serves 6 to 8.

Meals are considered an important event in the day to Koreans and much time is spent in its preparation. In fact, Koreans find eating so important they want to concentrate all of their attention on it, and consider it impolite to talk while eating. They avoid conversation until the end of the meal. At mealtime, the dishes of food are placed in the middle of the table and individual bowls of rice are set in front of each person.

The Korean table setting is much different than the table setting used in the United States. The tables, finished with shiny red or black lacquer, are only 10 inches high. Diners are seated on cushions placed on the floor around the table. Beautiful patterns in mother-of-pearl decorate the tables. When the table is not being used, it is hung on the wall like a picture.

Students carry lunch boxes to school that are quite unlike those of U.S. students. They are little tin boxes with several compartments built into them for chopsticks, rice, dried fish, and other foods. Small children have small chopsticks, and as they grow bigger, they use bigger chopsticks.

For snacks at home, Korean students like to eat fruit, either fresh or dried, and sometimes little cakes made from sugar, honey, dried fruit, and rice flour. They are much less sweet tasting than the cookies and cakes made in the United States. The popular *kimchi* is always in the kitchen and easy to eat as a snack.

6 POLITICS, ECONOMICS, AND NUTRITION

Almost all Koreans receive adequate nutrition in their diets, with the World Bank reporting that less than 1 percent of the population is malnourished and nearly all have access to adequate sanitation and safe drinking water. Korean farmers grow enough rice to meet the country's needs, and fruit growers produce abundant crops of apples, pears, persimmons, and melons. The main vegetable crops are white radish, known as *mu*,

and cabbage. Both are used in *kimchi,* the national dish.

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Lebanon

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Situated on the eastern coast of the Mediterranean Sea, Lebanon has an area of 4,015 square miles (10,400 square kilometers), about three-fourths the size of the state of Connecticut. The Lebanon Mountains are rugged. East of the Lebanon Mountains is the Bekaa Valley, an extremely fertile flatland. At the eastern flank of the Bekaa stands Mount Hermon, straddling the border with Syria. Lebanon contains few rivers, and its harbors are mostly shallow and small, with polluted coastal waters. Lebanon has an extraordinarily varied climate: within a 45-minutes drive in winter, spring, and fall, both skiing and swimming are possible. Less than 30% of Lebanon's total area can support crop production. Expansion of cultivated areas is limited by the arid and rugged nature of the land.

2 HISTORY AND FOOD

A unique cultural history has helped to make Lebanese food the most popular of all Middle Eastern cuisines. For most of its past, Lebanon has been ruled by foreign powers that have influenced the types of food the Lebanese ate. From 1516 to 1918, the Ottoman Turks controlled Lebanon and introduced a variety of foods that have become staples in the Lebanese diet, including olive oil, fresh bread, *baklava* (a sweet pastry dessert), *laban* (homemade yogurt), stuffed vegetables, and a variety of nuts. The Ottomans also increased the popularity of lamb.

After the Ottomans were defeated in World War I (1914–1918), France took control of Lebanon until 1946, when the country won its independence. During this time, the French introduced some of their most widely eaten foods, particularly treats such



as flan, a caramel custard dessert dating back to the 1500s, and buttery croissants.

The Lebanese themselves have also helped to bring foods of other cultures into their diet. Ancient tribes journeyed throughout the Middle East, carrying with them food that would not spoil easily, such as rice and dates. These foods slowly became part of the Lebanese diet. As the tribes wandered, they discovered new seasonings, fruits, and vegetables that they could add to their everyday meals. Exotic ingredients from the Far East (east and southeast Asia) and other areas of the world were often discovered by these early tribes.

Lebanese Rice Pudding

Ingredients

1 quart whole milk

¾ cup rice

1 cup sugar

2 to 3 Tablespoons vanilla

Spoonful of orange marmalade (optional)

Procedure

1. Cook the rice according to package directions.
2. When rice is cooked, add the sugar and milk and mix well.
3. Continue cooking over medium heat for 3 to 4 more minutes.
4. Remove the pot from the stove. Add 2 to 3 Tablespoons of vanilla and mix well.
5. Serve topped with a spoonful of orange marmalade.

Serves 4 to 6.

Pita Bread

Ingredients

2 teaspoons dry yeast

1 cup warm water

3 cups flour

1 teaspoon salt

Procedure

1. Dissolve the yeast in 1 cup of warm water.
2. Sift together the flour and salt.
3. Combine the yeast and water with the flour and salt and mix well.
4. Work the mixture into a dough and knead for several minutes.

5. Cover the dough with a damp cloth and let rise in a warm place for 3 hours.
6. Preheat oven to 350°F.
7. Divide the dough into 6 equal portions and roll into balls.
8. Using a hand or a rolling pin, pat and press each ball of dough into a 5-inch circle about ½-inch thick.
9. Place on an ungreased baking sheet and bake for 10 minutes, or until the pita are light golden brown.

Serves 8.

Cucumber with Yogurt

Ingredients

1 medium cucumber, peeled and diced

2 cups plain yogurt

2 or more cloves of garlic

Salt and pepper, to taste

2 Tablespoons fresh mint, finely chopped

A few sprigs fresh mint, for garnish

Procedure

1. Put the cucumber in a serving bowl.
2. In a separate mixing bowl, beat the yogurt and garlic together and season to taste with salt and black pepper.
3. Stir in the mint.
4. Pour the mixture over the cucumber.
5. Garnish with sprigs of fresh mint and serve with pita bread.

Serves 6 to 8.

3 FOODS OF THE LEBANESE

The Lebanese diet focuses on herbs, spices, and fresh ingredients (the Lebanese rarely eat leftovers), relying less on heavy sauces. Mint, parsley, oregano, garlic, allspice, nutmeg, and cinnamon are the most common seasonings.

Bread, a staple food in Lebanon, is served with almost every meal, most often as a flat bread, or pita. It is so crucial to the Lebanese diet that some Arabic dialects refer to it as *esh*, meaning "life."

Fruit, vegetables, rice, and bread outweigh the amount of meat eaten in the average Lebanese meal. However, the most commonly eaten meats, poultry and lamb, make up some of the country's most popular dishes. The national dish, *kibbeh* (or *kibbe*), consists of a ground lamb and cracked wheat paste, similar to paté. *Kibbeh* was originally made by harshly pounding the lamb and kneading in the spices and wheat. Those who were unfamiliar with this practice often found it quite unpleasant, including the English food writer George Lassalle, who described it as "frightening." Some rural villages continue to prepare it this way.

Mezze, a variety of flavorful hot and cold dishes, is another important part of the Lebanese diet. As many as forty small dishes are presented at once as either appetizers or as a meal itself. *Hummus* (chickpea, sesame seed, and garlic paste), rice and meat wrapped in grape leaves, mashed beans, hot and cold salads, grilled seafood and meats (including *kebabs*, cooked cubes of lamb, peppers, and onions), and pickled vegetables are most popular. Lebanese meals are rarely served in courses, but presented all at

once. *Tabbouleh* (a salad made with cracked wheat) and *mujaddara* (a lentil and rice dish) are also widely consumed.

Lebanon's variety of fresh fruits makes them popular after-dinner desserts. Melon, apples, oranges, tangerines, persimmons, grapes, and figs are great treats. *Baklava*, a sweet, flaky pastry, is usually associated with Greek cuisine. However, the Lebanese have embraced the dessert and normally prepare it with pistachio nuts, drizzled with rose-water syrup (the Greeks use walnuts and honey). *Ahweh* (strong, thick Arabic-style coffee) and the country's national drink, *arak* (a colorless alcoholic beverage made with anise, also called "Lion's Milk" because it is white), are most commonly served with dessert.



EPD Photos

Tabbouleh, made from cracked wheat, parsley, tomatoes, onions, and mint, may be served with pita triangles.

Tabbouleh

Ingredients

¾ cup cracked wheat, finely ground

2 cups fresh tomatoes, diced

2 Tablespoons dried mint

1 or 2 bunches of parsley, cut fine

¾ cup green onions, thinly sliced

Juice of one lemon

¼ cup olive oil

Salt and pepper, to taste

Procedure

1. In a bowl, cover cracked wheat with warm water and let stand about 15 minutes. Drain thoroughly.
2. Mix tomatoes, mint, parsley, onions, lemon juice, olive oil, and salt and pepper in a separate bowl.
3. Add the drained wheat and mix well.
4. Add more lemon juice and olive oil, if needed. Refrigerate at least 1 hour.
5. Serve in a bowl, or on a bed of lettuce leaves, with pita bread cut into triangles.

Serves 6 to 8.

Baked Kibbeh

Ingredients

2 cups cracked wheat (bulgur)

4 cups cold water

2 pounds lean ground beef or lamb

1 medium onion, very finely chopped

1½ teaspoons salt

½ teaspoon pepper

½ teaspoon allspice (optional)

¼ cup butter, melted

Procedure

1. Preheat oven to 375°F.
2. Place cracked wheat in a large mixing bowl and cover with the cold water.
3. Let stand 5 minutes, and then drain. Press on grains to remove water.
4. Add the remaining ingredients and mix well.
5. Process in batches in a food processor fitted with the chopping blade or a blender.
6. Butter a 9x12-inch baking pan.
7. Spread the mixture into the pan, smoothing the top with wet hands.
8. Cut into 2-inch squares. It is traditional to cut the kibbeh into a diamond pattern.
9. Pour melted butter over the top. Bake for 50 minutes.
10. Serve with pita bread.

Serves 6 to 8.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

It seems as though the Lebanese are always participating in holiday celebrations, especially religious holy days. This is because Lebanon is home to two main religions: Islam and Christianity. Despite bitter disagreements between them, the people of both religions continue to enjoy their own traditional festive celebrations, which often include large feasts among family and friends.

Muslims (believers of Islam) celebrate several holidays throughout the year, though probably none are as important as the holiday of Ramadan. During the entire ninth month of the Islamic calendar, Muslims avoid all food and drink between sunrise and sunset. In some villages, a man beats a drum through the streets, attempting to wake people before the sun rises so that they may enjoy an early breakfast. A typical pre-dawn breakfast might include grapefruit, pita bread with olive oil, a boiled egg, a cup of *laban* (yogurt), and tea. After the sun sets, Muslims gather with friends and family to share in a delicious feast.

Eid al-Fitr, meaning “festival that breaks the fast,” marks the end of Ramadan and food is generously shared with loved ones. The Feast of the Sacrifice, *Eid al-Adha*, is also celebrated with food and festivities. During this time, a sheep is killed and eaten after returning from the *hadj* (the pilgrimage to Mecca). Many families donate a portion of their sheep to the poor.

The most widely celebrated Christian holidays are Christmas and Easter. Visiting friends and family at Christmas has become tradition. Prior to a large chicken or turkey lunch, most guests are offered sugarcoated almonds to snack on. Dessert is commonly *bûche de noël*, a French Christmas cake shaped like a yule log. Homes are decorated with tinsel, and Christmas trees are often adorned with orange peels cut into various





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Sprinkle the baked bottom crust with the pecan-sugar mixture.

Spread a second layer of crescent roll dough over the pecan mixture, smoothing the dough carefully to seal the perforations.

shapes. Easter is probably the most important holiday for Christians. Children may celebrate by playing a Lebanese Easter egg game called *Biis-Biis*, in which they compete to see who has the strongest, unbreakable hard-boiled egg. After a long day of excitement, families sit down to enjoy a lamb dinner, often followed by *ma'moul* (date-filled teacakes) or *ka'ak* (cookies).

Labor Day (May 1) and Independence Day (November 22) are popularly celebrated national holidays. Both attract people of all ages to partake in food and festivities.

Easy Lebanese Baklava

Ingredients

2 cans (8 ounces each) refrigerated crescent dinner rolls

3 to 4 cups pistachio nuts (or pecans), chopped

½ cup sugar

1 teaspoon cinnamon

2 cups honey

2 Tablespoons margarine or butter

2 teaspoons lemon juice





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The honey, poured over the pastry before baking, creates a sweet, sticky glaze over the baklava.

The baklava may be cut into bars before serving.

Procedure

1. Preheat oven to 350°F.
2. Unroll one can of dough into an ungreased 9x13-inch baking pan.
3. Press over bottom and ½-inch up sides to form crust, pressing perforations to seal.
4. Bake for 5 minutes and remove from the oven.
5. In a large bowl, combine nuts, sugar, and cinnamon. Sprinkle the mixture over baked crust.
6. Unroll the second crescent roll dough and spread over top.
7. With a sharp knife tip, score top dough to form a diamond pattern.
8. In a small saucepan, combine honey, butter or margarine, and lemon juice, and bring to a boil.
9. Remove from heat and pour half of the honey mixture evenly over top of dough.
10. Bake for 25 to 30 minutes or until golden brown.
11. Drizzle remaining honey mixture over top of the hot baklava. Cool completely and cut into diamond-shaped pieces.

Makes 18 to 24 pastries.

Ahweh (Arabic Coffee)

Ingredients

1¼ cups cold water

1 heaping teaspoon Arabic or Turkish coffee, ground

1 teaspoon sugar

A few drops of orange blossom water (optional)

Pinch of cardamom, ground (optional)

Procedure

1. Using a saucepan, dissolve the sugar in the water and bring to a boil.
2. Add the coffee (with ground cardamom if desired) and stir well. Bring to a boil.
3. When the foam rises to the top, remove the saucepan from the heat to let the foam subside for about 1 minute.
4. Return the pot to the heat and bring to a boil again.
5. Traditionally, the coffee is brought to a boil at least three times.
6. Serve with a few drops of orange blossom water, if desired.

Sugared Almonds

Ingredients

1 pound almonds

1 egg white

1 Tablespoon water

1 cup sugar

1 teaspoon cinnamon

½ teaspoon salt

Procedure

1. Preheat oven to 300°F.
2. Separate the egg yolk from the egg white, and discard the yolk.
3. Beat the egg white and water in a bowl.
4. Add the nuts and mix well.
5. In a separate bowl, combine the sugar, cinnamon, and salt and mix well.
6. Add the sugar mixture to the nut mixture.
7. Spread on foil-covered pan.
8. Bake for 15 minutes.
9. Stir and bake another 15 minutes.

Ka'ak Cookies

Ingredients

1 cup sugar

1 cup oil (or butter)

2 eggs

3 cups flour, or enough to make dough firm

1 cup milk

1 Tablespoon mahlab, pounded until fine (or substitute with ground cinnamon)

3 teaspoons baking powder

Procedure

1. Mix all the ingredients in a bowl and let chill in the refrigerator for at least 1 hour.
2. Preheat oven to 350°F.
3. Roll out the dough until it is about ¼-inch thick.
4. Cut into circles and bake for 10 to 15 minutes.

Makes about 36 cookies.

Lebanese Fresh Fruit Salad

Ingredients

1 ripe melon

½ fresh pineapple

1 to 2 oranges

Apples, pears, or strawberries (depending on season)

2 ripe bananas

Procedure

1. Remove melon from rind and dice.
2. Cut pineapple into chunks.
3. Peel and section the oranges, removing all the white membrane.
4. Cut the orange slices into chunks.
5. Toss together in a bowl.
6. Dice the apple, pear, and strawberries.
7. Add them to the tossed fruit mixture.
8. Just before serving, peel, slice, and add banana. Mix well.

Makes 6 servings.

5 MEALTIME CUSTOMS

Arabs have a reputation for hospitality towards guests that come to visit, even if the visit was not planned (which most are not). Food is almost guaranteed to be delicious and filling.

A rural family will often pick fruit and vegetables from their own gardens. If they do not have what they need, a *souk* (street market shop) can provide them with any food from eggplant to mint leaves. Because bread is essential with almost every meal, rural women travel to the village bakery, called the *foorn*, to bake their breads and pastries for the day, as well as to catch up on gossip.

Lunch, the largest of the three meals eaten each day, is usually served around 2:00 p.m. *Mezze*, several appetizer-like dishes, are served first. Warm bread, *hummus* (chickpea paste), and olives, cheese, and pistachio nuts are commonly served. *Kibbeh*, the national dish, is frequently the main meal. *Kebabs* (cubes of cooked meat on a skewer) and *kefta* (ground meat mixed with herbs and spices) are popular too. *Baklava* or a fresh bowl of melon will likely make for a sweet dessert. Most children nap after such a plentiful afternoon meal.

Unlike in the United States, milk is rarely drunk with meals. Adults will often enjoy beer, wine, or *arak* (licorice-flavored liquor). Children enjoy *limoonada* (lemonade), fresh fruit juices, or *jellab* (a soft drink made from raisins and served with pine nuts). International restaurants are widespread throughout the country. French, Italian, German, Austrian, Scandinavian, Greek, Chinese, American, and Indian food are readily available. In addition, U.S. fast food chains are often bustling with people.

Limoonada (Lemonade)

Ingredients

2 lemons

2 Tablespoons sugar

6 ice cubes

3 cups cold water

2 teaspoons orange flower water (optional)

4 slices lemon, for garnish

Procedure

1. Wash lemons. If the lemons are thick skinned, cut off and discard the pointy end pieces.
2. Cut each lemon into 4 to 6 pieces and place in a blender along with any juice that escaped during cutting.
3. Place the lid on the blender and blend on maximum speed for 3 to 5 seconds.
4. Add the remaining ingredients and blend again on high speed for 30 seconds.
5. Pour through a sieve into a serving pitcher.
6. Serve lemonade in tall glasses with extra ice and lemon slices.

Serves 4.

Hummus be Tahini

Ingredients

1 can cooked chickpeas

2 cloves garlic, crushed

3 Tablespoons tahini (a thick paste made from ground sesame seeds; found in specialty stores)

½ cup fresh lemon juice

2 Tablespoons parsley, chopped

1 Tablespoon olive oil

1 teaspoon salt

2 Tablespoons cold water

Procedure

1. Heat the cooked chickpeas over medium low heat. Remove from heat and mash by hand or in a food processor, reserving a few whole ones for garnishing.
2. Add tahini, lemon juice, crushed garlic, salt, and water. Blend the mixture until it is creamy.
3. Pour the thick dip into a deep bowl. Garnish with whole chickpeas and chopped parsley. Sprinkle with olive oil and serve with pita bread.

6 POLITICS, ECONOMICS, AND NUTRITION

The World Bank reports only about 2 percent of the Lebanese population is classified as undernourished, which means they do not receive sufficient nutrition in their diets. About 63 percent has adequate access to sanitation, and 100 percent to safe drinking water. Ninety-five percent of the population has access to health care services. Of children under the age of five, about 3 percent are underweight, and 12 percent are stunted (short for their age).

War and violence during the 1980s and 1990s has had a significant impact on the development of many Lebanese children. Between 1982 and 1990, there were over 144,000 deaths due to an Israeli invasion. As a result, many children suffer from post-traumatic stress disorders. According to law, children over the age of eight are allowed to work a maximum of seven hours a day, which also contributes to childrens' stress.

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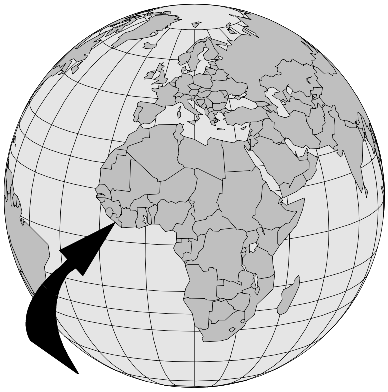
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Liberia



Recipes

1 GEOGRAPHIC SETTING AND ENVIRONMENT

Located on the west coast of Africa, Liberia has an area of about 43,000 square miles (111,370 square kilometers), slightly larger than the state of Tennessee. The Nimba Mountains, near the Guinea border, rise to 4,528 feet (1,380 meters), and the Wologizi Mountains reach a maximum of about 4,450 feet (1,356 meters). There are six principal rivers, all of which flow into the Atlantic Ocean. Liberia includes some of Africa's most impressive evergreen forests. Fruit trees include citrus varieties, the alligator apple, papaya, mango, and avocado. Pineapples grow wild. Agricultural crops include cassava, rice, sugarcane, plantains, and bananas.

2 HISTORY AND FOOD

Liberia was founded in 1822 for the resettlement of freed American slaves. Its name comes from the Latin word that means "free." The capital city of Monrovia is named after the U.S. president James Monroe, who established the Republic of Liberia. Much of the culture and foods from Liberia are adapted from African American culture. This can be seen in the American currency that is often used to purchase groceries and in the American English language that is spoken on the streets of Monrovia. Rioting Liberians calling for cheaper rice in 1980 supported a failed coup against the American-Liberian government. There are thirty native Liberians for every one American Liberian, but American Liberians have control over the official government. Native Liberians fought a civil war against American Liberians from 1988–1995. Since then, the country has struggled to recover and make enough food for its people.

3 FOODS OF THE LIBERIANS

Many Liberians grow their own rice, sugar cane, and *cassava* (a starchy root). Rice is eaten at least twice a day (much more than any other starch). Foreign rice, or *pasava*, is considered much better than locally grown



rice because of the rocks that get mixed up with the local rice during harvesting. Palm oil or palm butter usually comes with the meal, and wine is also made from the palm nut. Cassava leaves and potato leaves are both boiled and eaten like spinach. Sugar cane is either refined, or after cutting through the tough bark, the sweet juice is sucked straight out of the cane bought at the marketplace.

Fufu (a doughy food that accompanies most meals) can be made from rice, plantain, cassava, corn, or yam. The starchy food is dried, pounded until ground, boiled, and rolled into two-inch ovals. Most Liberians use cassava to make *fufu;* a variation, called *dumboy,* is boiled before mashing. *Fufu* is swallowed instead of chewed. It is popularly eaten with a spicy soup. *Beef internal soup* is made with beef, dried codfish, tripe, and other smoked fish caught from the nearby ocean. Hot peppers are added to many foods for an extra kick, and ground cayenne peppers are used as flavorings and preservatives. Favorite dishes include *palava* sauce, made traditionally with *plato* (okra) leaves, dried fish or meat, and palm oil; and *jollof rice,* a chicken, beef, and bacon dish with vegetables and rice. Palava sauce comes primarily from the counties of Maryland and Grand Kru.

Palava

Ingredients

1½ pounds cubed beef

1 onion, sliced

2 tomatoes, peeled and sliced

Ginger, to taste

Red pepper, to taste

¼–½ cup peanut oil

2 10-ounce packages of frozen, chopped spinach

Procedure

1. Boil meat in a little water until tender, about 45 minutes.
2. Fry onion, tomatoes, and spices in oil.
3. Add spinach and meat to the onions and tomatoes, and simmer 10–15 minutes.

Serves 6.

Jollof Rice

Ingredients

1 pound boneless chicken
½ pound beef cubes
½ pound bacon
½ cup oil or shortening
2 onions, sliced
1 pepper, sliced
3 ounces tomato paste
1½ pounds cabbage, cut into chunks
1½ cups rice
6 cups water

Procedure

1. Cut chicken, beef, and bacon into ½-inch chunks. Sprinkle with salt and pepper to taste, and coat with flour.
2. Heat oil in a frying pan, add the meat in small batches, and brown the meat. Remove the meat, setting it aside in a bowl.
3. Sauté the onions and pepper in the oil in pot until soft, about 5 minutes.
4. Return the meat to the pot and add the tomato paste.
5. Add water, cover, and heat to boiling. Lower heat and simmer for 10 minutes.
6. Add rice, bring to a boil. Reduce heat.
7. Add cabbage, and simmer, stirring often, for 20 minutes.
8. Serve while hot.

Serves 12 or more.

Sweet Potato Pone

Ingredients

1 to 2 cups flour
1½ teaspoons baking powder
½ teaspoon salt
¼ teaspoon ground cloves
¼ teaspoon cinnamon
¼ teaspoon nutmeg
2 eggs slightly beaten
2 cups sweet potatoes, mashed and chilled
Oil for deep-frying

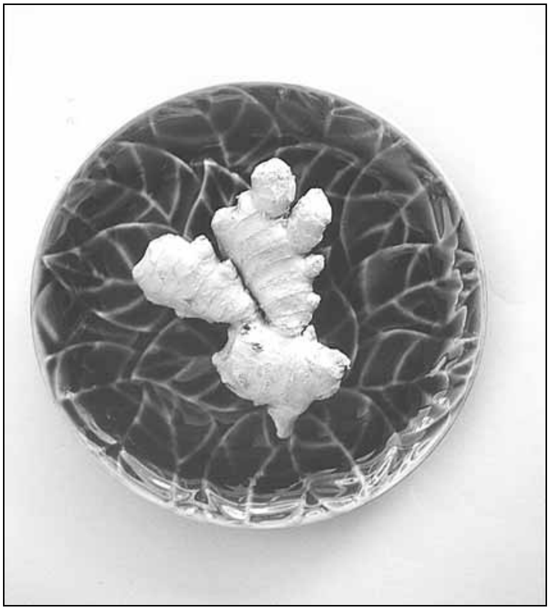
Procedure

1. Combine flour, baking powder, salt, cloves, cinnamon, and nutmeg in a bowl and stir well to combine.
2. In another large mixing bowl, beat the eggs and sweet potatoes together.
3. Add the dry mixture to the wet mixture until a stiff dough is formed.
4. Roll out dough on a lightly floured surface to ½-inch thickness and cut into shapes.
5. Heat about 1 inch of oil in a deep saucepan. Fry dough in batches for about 4 minutes.
6. Drain, cool, dust with powdered sugar (optional), and serve.

Rice Bread

Ingredients

2 cups rice, cooked and mashed
3 Tablespoons sugar
4 teaspoons baking powder
½ teaspoon salt
1½ bananas, mashed
2 eggs
1½ cups milk
1 cup oil



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Twenty-five pieces of ginger like this one are needed to make a gallon of nonalcoholic Liberian ginger beer.

Procedure

1. Mix together rice, sugar, baking powder, and salt.
2. Add bananas, eggs, milk, and oil.
3. Bake in a greased 9- by 12-inch pan at 375°F for 45 minutes.

Ginger Beer

Ingredients

25 pieces ginger

2 pineapples, unpeeled and cut into pieces

2 teaspoons yeast

1 gallon water

3½ cups molasses

Procedure

1. Beat ginger pieces in a large kettle until soft.
2. Add pineapple and yeast.
3. Boil water and pour into ginger mixture. Let stand overnight.
4. Strain, and add the molasses.
5. Chill and serve.

Lemon Grass Tea

Ingredients

1 cup chopped lemon grass leaves (can be found at Asian or health foods stores)

2 cups water

Sugar (optional)

Milk (optional)

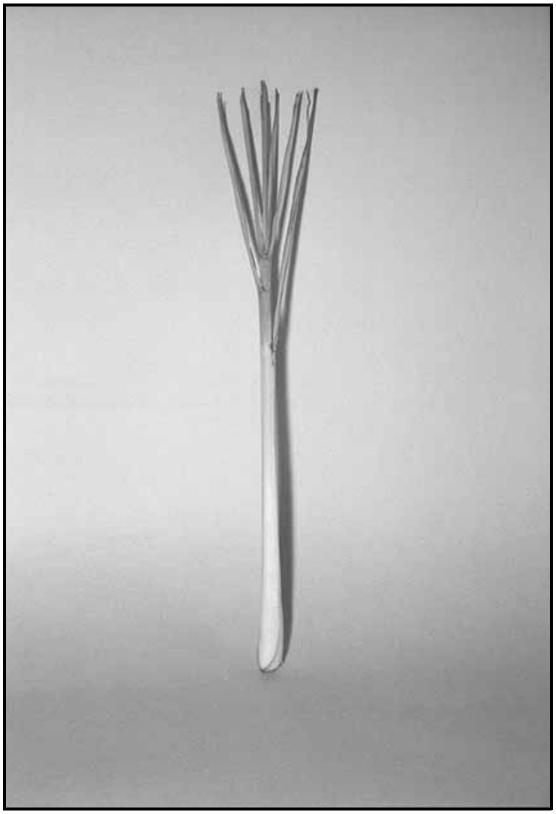
Procedure

1. Put the lemon grass leaves in a teapot.
2. Boil water and pour over leaves. Steep for five minutes.
3. May serve with sugar and milk.

Serves 2.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Liberians celebrate Independence Day on July 26; it is the biggest holiday in the country. They also celebrate most American holidays like New Year's (January 1), Thanksgiving (the first Thursday in November), and Christmas (December 25). Christmas is celebrated with a large meal, without gift-giving or Christmas trees. Goat soup is the national soup, served on important occasions. Coffee is also served after special



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Although most often used as a food ingredient, the citrus taste of lemon grass also adds flavor to beverages.

meals. Each former and current president's birthday is celebrated annually: J.J. Roberts (March 15), William V.S. Tubman (November 29), William R. Tolbert, Jr. (May 13), Samuel Doe (May 6), and Charles Taylor (January 29). However, each county celebrates a president's birthday on a rotating basis, so that a county celebrates only one president's birthday a year. A county is lucky if it gets to celebrate the birthday of the current president because of the extra money and publicity that county receives for the festival.

Goat Soup

Ingredients

2 pounds goat meat (can substitute lamb or beef)

Hot peppers

2 medium onions, sliced

2 quarts water

3 tomatoes

8 ounces tomato paste

Salt, black pepper

Procedure

1. Cut up the meat into 2–3 inch pieces.
2. Marinate with peppers, salt, black pepper, and onion for about an hour.
3. Add water and boil until meat is tender.
4. Add tomatoes and paste and cook until tomatoes are soft.

5 MEALTIME CUSTOMS

In Liberia, the table is set with turned over plates and glasses with a napkin on top, so that the guest may turn over the clean dishes for use. Those at the meal greet each other by shaking hands. While shaking, they take the middle finger of the other person's right hand and snap it up and down. This tradition comes from the days of slavery, when the slave owner would break a slave's finger in order to establish ownership. The handshake (or "snapshake") celebrates Liberia's freedom from slavery.

The cook brings out all the food at once, and stays seated at the table during the entire meal. All the dishes remain on the table until the end of the meal. Most Liberians will eat with their fingers, although American customs have brought utensils to

the dining rooms of many city people. A typical Liberian dinner consists of *dumboy* or *fufu* served with palm butter and palava sauce, meat stew, country chop (a mixture of meats, fish, and greens cooked in palm oil), jollof rice, and beef internal soup. Rice bread and sweet potato pone are served for dessert, and ginger beer is drunk throughout the meal. Coffee is served only on special occasions.

In the city of Monrovia, there are some modern restaurants, but in most towns there are small "cook shops" that offer stews and fufu. Most cooking is still done outside on a stone hearth.

6 POLITICS, ECONOMICS, AND NUTRITION

About 42 percent of the population of Liberia are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, over 33 percent are stunted (short for their age).

According to the Liberian government, only about 39 percent of the population have access to health care services, and there are virtually no functioning social services. The Liberian staple diet of rice or cassava is deficient in protein, and children in particular suffer from the malnutrition.

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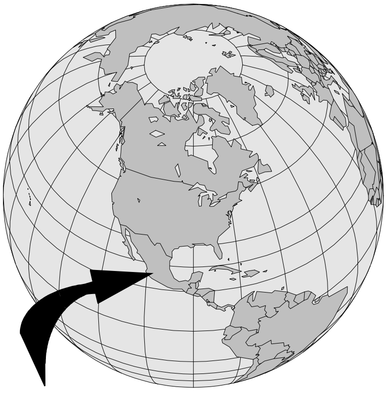
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Mexico

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Mexico is located directly south of the United States. It is slightly less than three times the size of Texas. Two major mountain ranges run through the country's interior: the Sierra Madre Oriental on the east and the Sierra Madre Occidental on the west. Between the mountain chains lies the great central highland plateau. Mexico borders the Pacific Ocean to the west and the Gulf of Mexico and Caribbean Sea to the east.

Mexico has a wide range of natural environments, but temperatures are generally mild year-round. The coastal plains and lower areas of southern Mexico are usually hot and humid. Mexico City, the country's capital, and other inland areas are at higher elevations and are generally drier. Annual rainfall may exceed 200 inches in the more tropical zones of the coastal areas, while parts of Baja California (a long, narrow peninsula located just south of California) receive very little precipitation. Desert-like conditions exist in the north.

Although only about one-fifth of the country remains covered with vegetation, much of the country's wildlife are still in existence. Some animals include rabbits, snakes, monkeys, jaguars, anteaters, deer, toucans, parrots, and some tropical reptiles, such as the mighty boa constrictor.

2 HISTORY AND FOOD

When the Europeans arrived in Mexico in 1517, Mexico's indigenous (native) peoples included the Aztecs of the central interior, the Maya in the Yucatan Peninsula, and the Zapotec in the south. Their diet consisted mainly of corn, beans, peppers, tomatoes, sweet potatoes, squash, and herbs. Chocolate, native to Mexico, was considered a drink fit for royalty. The Indians occasion-



ally hunted, adding wild turkey, rabbit, deer, and quail to their vegetarian diet.

When the Spanish explorers landed in Mexico, they introduced livestock, including cattle, sheep, pigs, goats, and chickens. On later journeys to this "New World," the Spanish brought plants from Asia, such as sugarcane and wheat.

Spain ruled over Mexico for over 300 years. By the time Mexico gained its independence, Spain had left its mark on its people and culture, including their cuisine.

3 FOODS OF THE MEXICANS

Corn is the basis of the Mexican diet, as it has been for thousands of years. It can be found in almost every meal, usually in the form of the tortilla (flatbread). Corn can also be boiled to produce *pozole*, a hearty corn stew. Popular fruits and vegetables are tomatoes, *tomatillos* (green tomatoes), squash, sweet potato, avocado, mango, pineapple, papaya, and *nopales* (from the prickly pear cactus). Though beef is consumed, chicken and pork are more common. The variety of chilies includes the widely known jalapeño, as well as the *poblano*, *serrano*, and *chipotle*. Chilies give Mexican cooking a distinctive flavor, which is often enhanced with herbs, such as cilantro and thyme, and spices, including cumin, cinnamon, and cloves. Cheese and eggs round out the diet. Seafood is most common in coastal dishes.

Though Mexican cuisine is a blend of indigenous (Indian) and Spanish influences, most Mexicans continue to eat more native foods, such as corn, beans, and peppers. Such foods are cheap and widely available. Bread and pastries are sold, but the tortilla, homemade or bought daily at the local *tortillería* (tortilla stand), is the basis of the typical meal. Flour tortillas are also eaten, especially in northern Mexico, but the corn variety is most popular.

American soft drinks, such as Coca-Cola, have become popular in Mexico in recent decades, but fruit-flavored soda drinks are also widely consumed, as are fresh fruit juices, available from street vendors. *Sangría*, an import from Spain, and beer (*cerveza*) are also popular beverages. Coffee is normally served spiced and sweet (*café de olla*).



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Frijoles are simmered over low heat until most the liquid has been absorbed and the beans and onion are soft.

Frijoles (Beans)

A pot of beans can be found simmering on the back burner in most Mexican kitchens. They may be eaten with any meal of the day, including breakfast.

Ingredients

2 cups pinto beans

1 medium onion, peeled and finely-chopped

2 cloves garlic, peeled and crushed or minced

3 Tablespoons chili powder

Salt

Procedure

1. Place beans in a large pot and cover them with cold water. Allow them to soak overnight.
2. When ready to cook, drain, rinse, and cover the beans again in cold water.
3. Place the pot on the stove over medium to high heat and bring to a boil. Simmer 5 minutes.
4. Turn off heat, remove the pot, and carefully drain the beans by pouring them into a colander placed in the kitchen sink.
5. Rinse beans with cold water. Return beans to the pot and once again cover them with cold water.
6. Add the onion, garlic, and chili powder.
7. Cook over medium heat until most of the water has been absorbed and the onion is soft. Add salt to taste.

Serve as a side dish with tacos, or as a main dish with warmed corn tortillas.

Frijoles Refritos (Refried Beans)

Though refried beans can be bought in cans in the grocery store, homemade Frijoles Refritos (Refried Beans) are much more flavorful.

Ingredients

1 recipe Frijoles (above)

¼ cup vegetable oil

1 cup white onion, chopped

1 teaspoon salt

Procedure

1. In a large bowl, coarsely mash the Frijoles with a fork or wooden spoon.
2. In a large frying pan or skillet, heat the oil for about 30 seconds over medium to high heat.
3. Add onion and sauté for 5 minutes, until onion is golden but not browned.
4. Add the mashed beans and cook for about 5 minutes, stirring often. Salt to taste.

5. Scoop the beans onto a warmed corn tortilla, and add a bit of shredded cheese (such as Monterrey Jack or mild cheddar).

Serves 4 to 6.

Café de Olla (Spiced Coffee)

The olla is the earthenware mug in which this aromatic coffee is often served.

Ingredients

4 cups water

⅓ cup dark brown sugar, packed

1 cinnamon stick (about 3 inches long)

8 whole cloves

1 orange peel (about 3 inches long), white parts removed

½ cup dark roasted coffee, coarsely ground

Milk (optional)

Procedure

1. Combine water, sugar, cinnamon stick, cloves, and orange peel in a saucepan; place it on the stove over medium to high heat, and bring to a boil, stirring occasionally.
2. Lower heat, cover the saucepan, and let mixture simmer for 5 minutes.
3. Remove from heat, stir in the coffee, and let sit for 8 minutes, covered.
4. Use a sieve or a coffee filter to strain the coffee into 4 individual cups.
5. Serve immediately, adding milk, if desired.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

During the centuries of Spanish rule over Mexico, the majority of Mexicans were forced to convert to Christianity. Christian holidays, including *Nochebuena* (Christmas Eve) and *Navidad* (Christmas), are celebrated with great enjoyment and family meals. Many festivities include native Indian traditions. During *Semana Santa* (Holy Week) leading up to Easter, meat is typically not consumed.

Día de los Tres Reyes (Three Kings Day or Epiphany) on January 6 and *Día de los Muertos* (Day of the Dead) on October 30 are occasions for more celebration, including the consumption of specific foods. On *Día de los Tres Reyes,* a special sweet bread, *Rosca de Reyes,* is eaten. A typical menu for *Día de los Muertos,* during which Mexicans decorate and picnic on the graves of their dead relatives, includes *empanadas* (meat-filled turnovers, an import from Spain) and *tamales* (steamed corn husks with various fillings, including shredded pork). Also included are chicken or turkey with *mole* (pronounced MO-lay, it is a distinctive sauce combining chocolate, chilies, and spices), *pan de muertos* (a sweet bread, baked in a ring and with a tiny plastic skeleton hidden inside), and *calaveras de azucar* (sugar candy skulls, bought at candy stores).

On each of the eight nights before Christmas, friends and neighbors travel from house to house, stopping at selected houses to sing or recite lines, asking for lodging. At the last door, they are welcomed inside for festivities, including the breaking of the *piñata*, a papier-mâché animal filled with candies. Other typical foods during this time include *buñuelos* (thin, fried pastries, covered in sugar) and *ponche* (fruit punch).



Cory Langley

Many Mexicans buy tortillas made fresh daily at the local tortillería (tortilla stand). Corn tortillas are the basis for most typical meals. Flour tortillas are also eaten, especially in northern Mexico, but the corn variety is most popular.

Rosca de Reyes (Three Kings Sweet Bread)

This is a truly Mexican version of the traditional Spanish bread.

Dough ingredients

1½ ounces compressed yeast

½ cup warm water

1¼ cups sugar

⅛ teaspoon cinnamon

1¾ cups butter, at room temperature

8½ cups flour

8 eggs

Paste ingredients

1 cup sugar

1 cup butter

1 egg

1¾ cup flour

Candied fruits (optional)

Procedure

1. *Make the dough:* Crumble the yeast into the warm water and set aside.
2. In a large mixing bowl, mix together sugar, cinnamon, and butter.
3. Add the eggs, mixing thoroughly.
4. Add the dissolved yeast.
5. Slowly add the flour, a little at a time, until the dough is smooth and stretchy.
6. On a large baking sheet, shape the dough into a ring, pressing the ends together to make a full circle.
7. Cover the ring with a clean cloth or dishtowel and let sit in a warm place (to rise) for 2 hours.
8. Preheat oven to 350°F just before baking.
9. *Make the paste*: Mix together the butter and sugar, add in the egg, and gradually mix in flour.
10. This paste can be used to decorate the top of the cake once it has risen but before it is baked. The typical decoration is rays that come out from the center.
11. Candied fruits may be pressed into the cake before baking.
12. Bake 30 to 40 minutes, until cake is golden brown.

Serves 10 to 12.

5 MEALTIME CUSTOMS

A Mexican *desayuno* (breakfast) usually includes coffee and pan dulce (sweet rolls), though eggs are also eaten on occasion. *Huevos rancheros*, served with tortillas and beans, is also a popular breakfast dish. *Comida* (lunch), the main meal of the day, is eaten between 1 and 3 P.M. It may consist of soup, a meat dish, rice, tortillas, coffee, and dessert. *Cena*, supper, is typically a light meal eaten after 9 p.m. However, in Mexico City and other urban areas, dinner can be an elaborate meal, eaten in one of many restaurants.

Huevos Rancheros (Ranch-Style Eggs)

Ingredients

4 corn tortillas

¼ cup vegetable oil

2 cups salsa, room temperature (from the supermarket)

4 large eggs

1 cup white cheese (such as Monterrey Jack), grated

1 avocado, sliced

Procedure

1. In a skillet, heat oil (about ½-inch deep) over medium to high heat.
2. Add 1 tortilla at a time and fry each for about 5 seconds until softened but not crisp. Place on paper towels to drain.
3. Heat a small amount of vegetable oil in a large skillet over medium to high heat; break the 4 eggs into the skillet and fry them, 2 to 3 minutes per side (or until the whites are cooked and the yolk is no longer runny).
4. Place a tortilla on each of 4 dinner plates, topping each tortilla with a fried egg.
5. Pour ½ cup of salsa over each egg and top with ¼ cup cheese and a few slices of avocado.

Serves 4.

Snacks are called *antojitos* (literally, "little whims") and are eaten at any time of the day. An *antojito* might be a beefsteak taco, a tostada (a fried, flat tortilla, often topped with chopped tomatoes, onion, lettuce, and cilantro), or a *sope* (a lightly grilled corn dough, often served with salsa or beans). A schoolchild's lunch may consist of a *torta* (a sandwich of cheese, avocado, and sausage, or chicken on a bread roll) or a *quesadilla* (a folded flour tortilla filled with melted cheese). Street vendors sell slices of pineapple, *jicama* (a sweet root vegetable) with a wedge of lime, and *elotes* (steamed corn on the cob served with butter and shredded cheese). Ice cream and fruit ices are popular as well. Though American fast food has entered Mexican diet, street stands and market stalls continue to make and sell traditional Mexican foods.



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The creamy flesh of half an avocado will be cut into small cubes for Pico de Gallo (Mexican Salsa).

Pico de Gallo (Mexican Salsa)

Ingredients

½ an avocado

4 to 6 tomatoes, chopped (enough to measure 2 cups)

½ cup white onion, chopped

¼ cup chilies, finely-chopped (serranos or jalapeños)

⅓ cup cilantro, chopped

2 Tablespoons fresh lime juice

½ teaspoon salt (or to taste)

Procedure

1. Slice the whole avocado in half (vertically), going around the pit.
2. After separating the two halves, use the half without the pit in it.
3. Use a knife to cut the avocado into small cubes, then use a spoon to scoop the meat out of the peel.
4. Add the tomatoes, onion, chilies, cilantro, and lime juice in a bowl.
5. Stir gently to combine.
6. Add salt to taste.
7. Let stand at room temperature for 10 minutes (to allow the flavors to blend).
8. Serve with tortilla chips.



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The tortilla, topped with shredded cheese and a heaping spoonful of Pico de Gallo (salsa), is heated in a dry skillet. Lift the edge of the tortilla to check on its progress.



EPD Photos

When the underside of the tortilla is golden in color, fold it in half to form an envelope and cook for another minute to allow the cheese to melt completely.

Quesadillas

Ingredients

2 flour tortillas

1 cup cheese, shredded (preferably Monterey Jack)

Salsa (preferably Pico de Gallo; see recipe, above)

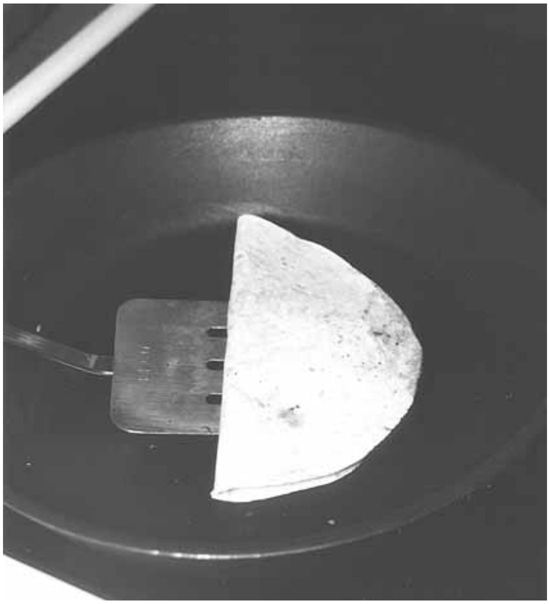
Procedure

1. Place a frying pan on medium to low heat.
2. Put first tortilla in (oil should not be used!) and sprinkle half the cheese and a spoonful of salsa onto ½ of the tortilla.
3. When the cheese begins to melt, use a spatula to fold the other half of the tortilla over top, making an envelope.
4. The tortilla should turn golden, but should not brown; turn down the heat, if necessary. Let cook about 1 minute, to allow the cheese to completely melt.
5. Remove to a plate and repeat, using the second tortilla.

Makes 1 snack.

6 POLITICS, ECONOMICS, AND NUTRITION

Although almost one-fourth of all Mexicans earn their living from farming, agriculture only accounts for a small percentage of the country's gross national product. The government provides protection for farmers by



EPD Photos

One quesadilla per person is enough as a snack, but two might be served as the main course for lunch or as a light supper.

supporting the prices of agricultural products. Mexico is self-sufficient in most fruits and vegetables (that is, Mexican farmers grow enough to meet the needs of the people), and in beans, rice, and sugar. However, many people living in rural areas are poor, and are barely able to grow enough food to feed their own families.

Arroz Blanco (White Rice)

Technically a sopa seca, or dry soup, this dish is often served before the main course.

Ingredients

¼ cup vegetable oil

1 medium onion, peeled and chopped

1 clove garlic, peeled and crushed

1 cup white rice (uncooked)

2 cups chicken broth or stock (canned is fine, 2 cups equals 16 ounces)

Procedure

1. In large skillet, heat oil over medium heat for about 1 minute.
2. Add the onion and garlic and cook until the onion is golden but not brown.
3. Add rice and mix ingredients together well. Cook rice for about 5 minutes.
4. Add broth and reduce heat to low. Cover and simmer 15 to 20 minutes, stirring occasionally.
5. Serve the rice when all the liquid has been absorbed.

Chocolate Mexicana (Hot Chocolate Drink)

Ingredients

1½ ounces unsweetened chocolate

2½ cups milk

¼ teaspoon ground cinnamon

½ teaspoon vanilla extract

2 Tablespoons dark brown sugar

2 cinnamon sticks

Procedure

1. Slowly melt the chocolate in a small saucepan over low heat.
2. In another small saucepan, warm the milk, cinnamon, vanilla, brown sugar, and cinnamon sticks together.
3. Pour the warmed milk mixture into the melted chocolate and stir to combine.
4. Remove the cinnamon sticks and pour hot chocolate into two mugs.

Serves 2.

Children as young as 14 may work, but there are strict laws about the conditions and hours of employment. However, young people working on farms are often working for their family, so the laws are not enforced. Most children in Mexico receive adequate nutrition, although there is a small percentage of very poor children whose diets lack basic nutrients.

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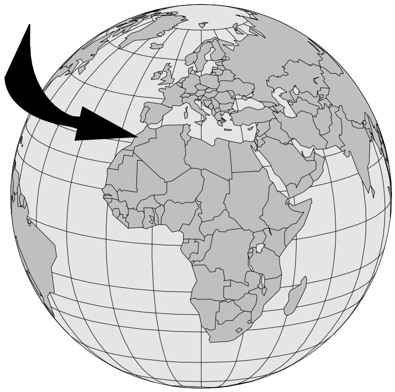
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Morocco

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Morocco is located in the northwestern corner of Africa. Morocco is slightly larger in area than California, and its territory has three different regions. The northern coast along the Mediterranean Sea is made up of fertile land that rises to elevations of about 8,000 feet (2,400 meters). The Atlas Mountains run between the Atlantic coast in the southwest to the Mediterranean Sea in the northeast. Finally, the semiarid area in the south and east known as the Western Sahara connects Morocco with the vast African Sahara Desert.

Morocco faces a problem with *desertification.* Desertification is the process where fertile land becomes barren and desert-like. Desertification may be caused by forces of nature, such as lack of rainfall or drought. Humans contribute to desertification when they clear away all the trees or allow their livestock to graze too much so that they eat away all plants. These practices leave no plants to hold the soil in place, so wind and rain can carry away the fertile topsoil. Morocco also has a problem with water pollution from oil spills, poor sewage treatment practices, and the use of strong pesticides.

In the northwest, agriculture in Morocco thrives. Except in years when there is severe drought, Moroccan farmers are able to supply the country with enough food.

2 HISTORY AND FOOD

Nomads called Berbers were the first inhabitants of Morocco over two thousand years ago. They used local ingredients, such as olives, figs, and dates, to prepare lamb and poultry stews. Over time, traders and conquering nations introduced new food customs. Among them were the Phoenicians, Carthaginians, and Romans. However, the strongest influence on native cooking was the Arab invasion in the seventh century A.D.

The Arabs brought with them new breads and other foods made from grains. They



introduced spices including cinnamon, ginger, saffron, cumin, and caraway. They also introduced sweet-and-sour cooking, which they had learned from the Persians. Moors from Andalusia in southern Spain also influenced Moroccan cooking. The *pastilla,* or *bisteeya,* a popular pigeon pie in Morocco, was originally a Moorish dish. In modern times, the French and the British made contributions to Moroccan cuisine.

3 FOODS OF THE MOROCCANS

Morocco, unlike most other African countries, produces all the food it needs to feed its people. Its many home-grown fruits and vegetables include oranges, melons, tomatoes, sweet and hot peppers, and potatoes. Five more native products that are especially important in Moroccan cooking are lemons, olives, figs, dates, and almonds. Located on the coast of the Mediterranean Sea, the country is rich in fish and seafood. Beef is not plentiful, so meals are usually built around lamb or poultry.

Flat, round Moroccan bread is eaten at every meal. The Moroccan national dish is the tajine, a lamb or poultry stew. Other common ingredients may include almonds, hard-boiled eggs, prunes, lemons, tomatoes, and other vegetables. The tajine, like other Moroccan dishes, is known for its distinctive flavoring, which comes from spices including saffron, cumin, coriander, cinnamon, ginger, and ground red pepper. The tajine's name is taken from the distinctive earthenware dish with a cone-shaped top in which it is cooked and served. Another Moroccan dietary staple is couscous, made from fine grains of a wheat product called semolina. It is served many different ways, with vegetables, meat, or seafood.

Sweets play a very important role in the Moroccan diet. Every household has a supply of homemade sweet desserts made from almonds, honey, and other ingredients. Mint tea is served with every meal in Morocco. It is sweetened while it is still in the pot.

Chicken Tajine with Almonds and Prunes

Ingredients

6 skinless, boneless chicken breasts

2 Tablespoons olive oil

1 teaspoon salt

½ teaspoon ground black pepper



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In Morocco, tajine is the name of both the stew and the covered clay pot it is baked in. The tajine may be called the "Moroccan crockpot" because it is used to slow-cook meat dishes.

1 teaspoon powdered cinnamon

¼ teaspoon powdered ginger

½ teaspoon powdered saffron (optional)

3 short cinnamon sticks

4 ounces butter

2 large onions

½ cup sugar

1 strip lemon peel

1 pound dried prunes

Blanched almonds

Fresh watercress or mint

Procedure

1. Combine the oil and ground spices in a large bowl.
2. Cut the chicken into cubes and chop the onion finely. Put the chicken and onion into the bowl with the oil and spices. Combine well and let stand for 30 minutes.
3. Melt the butter in a large skillet. Add the chicken, searing (browning) them lightly on all sides.
4. Add any remaining marinade and enough water to cover. Simmer until chicken is tender (about 30 minutes).
5. While the chicken is cooking, put the prunes in a small saucepan, cover with water and bring the water to a bowl. Remove the pan from the heat and let them stand for 20 minutes.
6. Drain the prunes, return them to the pan, and ladle a little liquid from the meat pan over the prunes. Simmer the prunes for 5 minutes.
7. Add the lemon peel, cinnamon sticks, and half the sugar to the prunes.
8. Stir the remaining sugar into the meat.
9. Arrange the meat on a serving platter. Add the prunes to the meat, and pour the sauce from the prunes over the meat and prunes.
10. Boil the remaining liquid from the meat rapidly to reduce it by half and pour over the meat and prunes.
11. Melt a small amount of butter in a saucepan and brown the almonds lightly. Garnish the tajine with the almonds and watercress or mint.
12. Serve with rice or couscous.

Serves 10 to 12.

Moroccan Mint Tea

Ingredients

1½ Tablespoons green tea (or 2 teabags of green tea)

Boiling water

3 Tablespoons sugar (or to taste)

Handful (about 2 Tablespoons) of fresh or dried spearmint leaves

Procedure

1. Put the tea in a 2-pint teapot and fill it with boiling water.
2. Let the tea steep (soak) for 2 minutes.
3. Add mint leaves and sugar to taste.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Muslim dietary restrictions prohibit the consumption of pork and alcohol. During the holy season of Ramadan, when Muslims fast during the day, a thick soup called *harira* is served at night. A bowl of *harira,* which is made with beans and lamb, is served with fresh dates. It is served both at home and in cafes. For the holiday Eid al-Fitr, which marks the end of Ramadan, a holiday feast is prepared. A popular dish at this feast is *bisteeya,* made with pigeon meat wrapped in pastry dough. More than 100 layers of pastry dough may be used.

The Muslim feast day of Eid el Kebir takes place seventy days after Ramadan. For this holiday, a sheep is roasted on a spit and served whole at the table. Each person cuts off a piece and dips it into a dish of cumin. Rich date bars called *mescouta* are a popular dessert at many festive occasions.

Holiday Menus

I.

Cashew bisteeya (pie made with phyllo dough)
Couscous with fennel
Mhalbi (custard)
Fresh seasonal fruit and dates
Mint tea

II.

Assortment of salads
Tajine of potatoes, peas, and artichoke hearts
Couscous
Dates stuffed with almond paste
Fresh seasonal fruit
Mint tea

Mescouta (Date Cookies)

Ingredients

6 eggs, well beaten
½ cup sugar
1 teaspoon vanilla extract
½ cup (1 stick) melted butter or margarine
¾ cup flour
½ teaspoon baking powder
1 cup pitted dates, chopped
½ cup walnuts or almonds, finely chopped
⅓ cup raisins, seedless
3 Tablespoons confectioners' sugar

Procedure

1. Preheat oven to 350°F.
2. In large mixing bowl, mix eggs, sugar, vanilla, and melted butter or margarine by hand (or with an electric mixer) until well-blended (mix for about 3 minutes).



EPD Photos

After baking, Mescouta (Date Cookies) are rolled in confectioners' sugar.

3. Gradually stir in flour and baking powder, a little at a time, stirring with a wooden spoon to blend.
4. Add dates, nuts, and raisins, and mix well.
5. Pour mixture into greased 8- or 9-inch square cake pan.
6. Bake for about 30 minutes, or until a toothpick inserted in the center comes out clean.
7. While still warm, cut into rectangular bars about an inch wide.
8. Put 3 Tablespoons confectioners' sugar into a small dish.
9. Roll each bar in confectioners' sugar.
10. Store bars in a box with wax paper between layers.

Makes 24 to 30 bars.

Bisteeya

Ingredients

2 Tablespoons vegetable oil

3 cloves garlic, crushed, or 1 teaspoon garlic granules

2 large onions, grated

½ cup almonds, sliced

1 cup fresh parsley, finely-chopped or ½ cup dried parsley flakes

2 teaspoons ginger, ground

3 teaspoons cinnamon, ground, or more as needed

5 cups boneless, skinless chicken, cooked and cut into bite-size chunks

Salt and pepper to taste

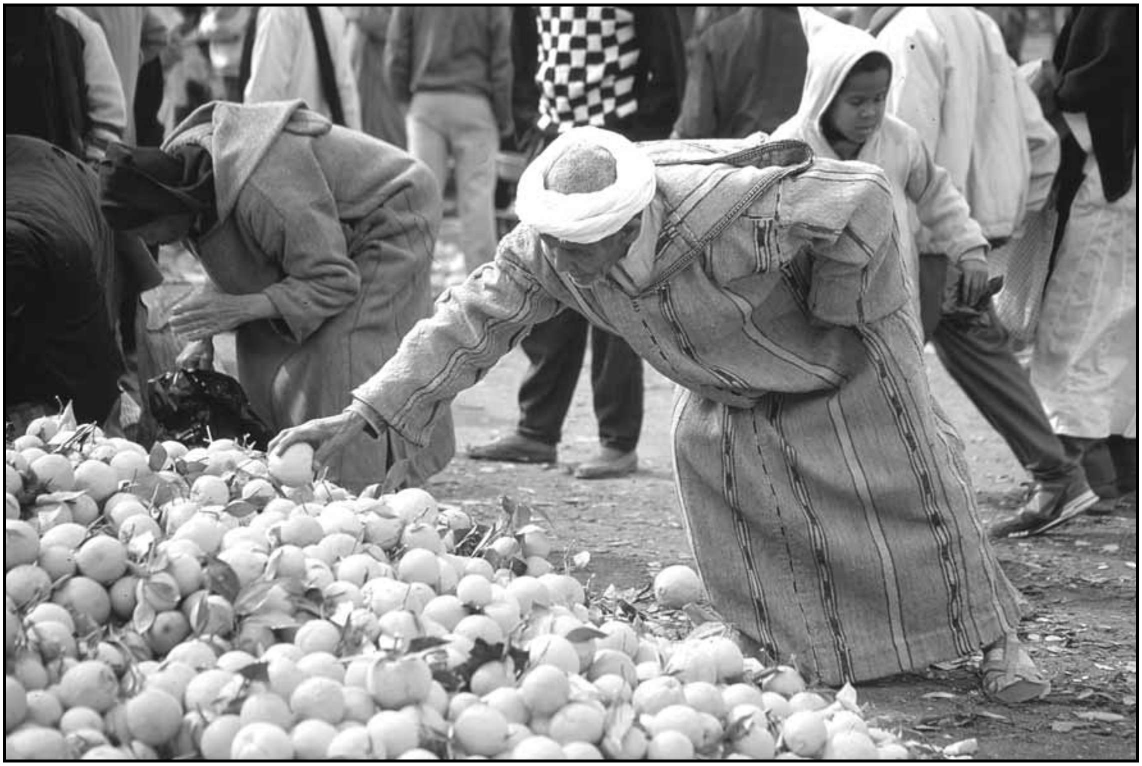
1 cup butter or margarine, more or less as needed

5 eggs, beaten until frothy

¼ cup sugar

1 pound package frozen phyllo dough (available in freezer section of most supermarkets), thawed according to directions on package

2 teaspoons confectioners' sugar, more or less as needed



Cory Langley

A shopper selects lemons from the stock at an open-air market. Moroccan cooking uses ingredients common to North Africa, such as lemons, olives, figs, dates, and almonds.

Procedure

1. In large skillet, heat oil over medium-high heat.
2. Add garlic, onions, almonds, parsley, ginger, and 2 teaspoons cinnamon. Stirring constantly, fry until onions are soft, about 3 minutes.
3. Remove from heat, add cooked chicken and salt and pepper to taste, and stir well. Set aside.
4. Melt 2 Tablespoons butter or margarine in medium skillet over medium heat.
5. Add eggs, sugar, and 1 teaspoon ground cinnamon, and stir well.
6. Adding more butter or margarine if necessary to prevent sticking, stir constantly until eggs are soft scrambled, about 5 minutes.
7. Add to chicken mixture and lightly toss together.
8. Preheat oven to 350°F.
9. Melt ½ cup butter or margarine in small saucepan.
10. Brush bottom and sides of pie pan with melted butter or margarine.
11. Remove sheets of phyllo from package and unfold; keep covered with clean, dampened paper towel.

12. Center one phyllo sheet in buttered pie pan and gently press into the pan, leaving a generous overhang all around the top edge.
13. Brush the first sheet with plenty of melted butter or margarine.
14. Layer 5 more sheets of phyllo dough, brushing each one with melted butter or margarine.
15. Fill crust with chicken mixture and cover with 3 more layers of phyllo, brushing each with butter or margarine.
16. Roll overhanging edges together and tuck inside of pie pan rim.
17. Brush top and edges with the remaining melted butter or margarine.
18. Using fork, poke about 8 steam vents into top of crust.
19. Bake in oven for about 20 minutes or until golden brown.
20. Remove from oven and sprinkle top with confectioners' sugar and cinnamon.

Serves 6 to 8.

Harira

Ingredients

4 Tablespoons olive oil

1 large onion, finely chopped

2 cloves garlic, crushed

1 teaspoon turmeric

1 teaspoon ginger, ground

1 teaspoon cumin, ground

3 cans (approximately 6 cups) chicken or vegetable broth

8 ounces (1¼ cups) green lentils, washed

1 14-ounce can chopped tomatoes

1 15-ounce can chickpeas, drained

3 Tablespoons fresh cilantro, chopped

3 Tablespoons fresh parsley, chopped

Salt and freshly-ground black pepper

Lemon juice (optional)

Procedure

1. In a large saucepan, heat half the oil. Add the onion and cook 10 minutes, until soft.
2. Add the garlic, turmeric, ginger, and cumin and cook a few more minutes.
3. Stir in the stock and add the lentils and tomatoes.
4. Bring to a boil, cover and simmer 20 minutes or until the lentils are soft.
5. Stir in the chickpeas, remaining olive oil, cilantro, parsley, salt, pepper and lemon juice (if using), and simmer 5 more minutes.

Serves 8 to 10.

Fried Baby Carrots

Ingredients

1 pound baby carrots

3 Tablespoons olive oil

1 clove garlic, crushed

1 teaspoon sugar

Grated rind of 1 lemon

Juice of ½ lemon

Salt and freshly ground black pepper

2 Tablespoons fresh mint, roughly chopped

Sprigs of mint, to garnish

Procedure

1. Heat the oil in a skillet large enough to hold the carrots in a single layer.
2. Add the carrots and cook gently 15 minutes, shaking frequently.
3. Add the garlic and cook 10 minutes more until the carrots are tender and spotted with brown.

4. Add the sugar and cook 2 minutes.
5. Stir in the lemon rind and juice and season with salt and pepper.
6. Stir in the chopped mint and transfer to a serving dish.
7. Garnish with sprigs of mint.

Makes 4 servings.

5 MEALTIME CUSTOMS

Moroccans eat their meals at low round tables, sitting on cushions on the floor. They eat with their hands instead of silverware, using the thumb and first two fingers of their right hands. They also use pieces of bread to soak up sauces and carry food to the mouth. Small warmed, damp towels are passed around before the meal to make sure everyone's hands are clean. Most meals consist of a single main dish, often a stew, a couscous dish, or a hearty soup. It is served with bread, salad, cold vegetables, and couscous or rice on the side. A typical breakfast might include *beyssara* (dried fava beans stewed with cumin and paprika), *beghrir* (pancakes), and bread. Two breakfast favorites that may sound exotic to Westerners are lambs' heads and calves' feet.

Although Moroccans love sweets, they are usually saved for special occasions. With everyday meals, the most common dessert is fresh fruit.

The sweetened mint tea that comes with every meal is served a special way. It is brewed in a silver teapot and served in small glasses. When the tea is poured, the pot is held high above the glasses to let air mix with the tea. Tea is served not only at home but also in public places. In stores, merchants often offer tea to their customers.

Morocco is famous for the wide range of delicious foods sold by its many street vendors. These include soup, shish kebab, roasted chickpeas, and salads. Both full meals and light snacks are sold. A favorite purchase is sugared doughnuts tied together on a string to carry home.

Chickpea, Feta, and Olive Salad

Ingredients for salad

2 cans (15-ounce each) chickpeas, drained and rinsed

5 ounces feta cheese, cut into cubes

8 ounces cherry or grape tomatoes

2 ounces pitted black olives

4 Tablespoons flat leaf parsley

Lettuce or other salad greens

Ingredients for dressing

5 Tablespoons olive oil

1 Tablespoon lemon juice

1 clove garlic, crushed

Salt, to taste

Procedure

1. Place the chickpeas in a bowl and add the feta cheese cubes.
2. Cut the tomatoes in half if necessary, to make them bite-sized.
3. Add tomatoes to the chickpeas and feta cheese mixture. Add the black olives, parsley, and lettuce.
4. Combine dressing ingredients in a small bowl.
5. Pour over chickpea mixture, toss gently, and chill.
6. Serve chilled or at room temperature.

Serves 8.

Moroccan "String of Doughnuts"

Ingredients

One box doughnuts (may be regular or "mini" size)

Clean heavy string (such as kitchen twine)

Large safety pin

Procedure

1. Cut several 2-foot pieces of string.
2. Tie the safety pin to the end of the string.
3. Using the safety pin as a "needle," thread the string through the center holes of 3 or 4 doughnuts.
4. Remove the safety pin and tie the ends of the string together.
5. Repeat, making several strings of donuts to share as a snack with friends.

Mhalbi

Ingredients

⅓ cup cornstarch

3 cups milk

¼ cup sugar

1 cinnamon stick

½ cup almond, finely chopped

2 Tablespoons orange flower water (optional)

Procedure

1. In a small bowl, dilute the cornstarch with ½ cup of the milk. Set aside.
2. In a heavy, medium saucepan, bring the remaining 2½ cups milk, sugar, and cinnamon stick to a boil.
3. Add the cornstarch mixture.
4. Whisk continuously until the mixture thickens, about 5 minutes.
5. Remove from the heat and remove the cinnamon stick.
6. Optional: stir in the orange flower water. Pour into 5 dessert bowls and let cool.
7. Sprinkle with the chopped almonds. Serve chilled or at room temperature.

Serves 5.

Sweet Grated Carrot Salad

Ingredients

4 to 6 sprigs fresh flat-leaf parsley

¼ teaspoon cinnamon, ground

1½ teaspoons confectioners' sugar

Juice of 2 oranges

1¾ pounds carrots, grated

Procedure

1. Mix the chopped parsley with the cinnamon, sugar, and orange juice in a salad bowl.
2. Add the grated carrots and mix well.
3. Taste and adjust the seasoning if necessary. Serve slightly chilled.

Serves 10 to 12.

6 POLITICS, ECONOMICS, AND NUTRITION

According to a report by the World Bank, about 5 percent of the total population of Morocco are undernourished, and 58 percent of the total population have access to adequate sanitation (clean, sanitary toilet facilities). Some Moroccan children do not receive adequate nutrition. Ten percent of children under five are underweight for their age, while 24 percent are short for their age.

Both of these statistics reflect poor nutrition for the youngest children in Morocco.

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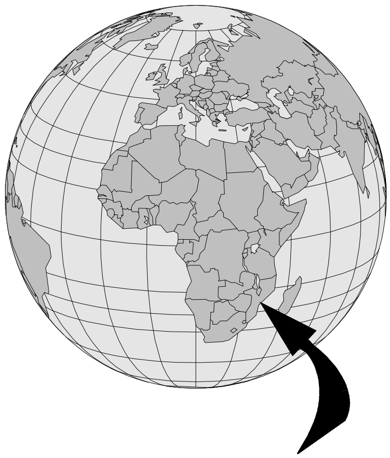
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Mozambique

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

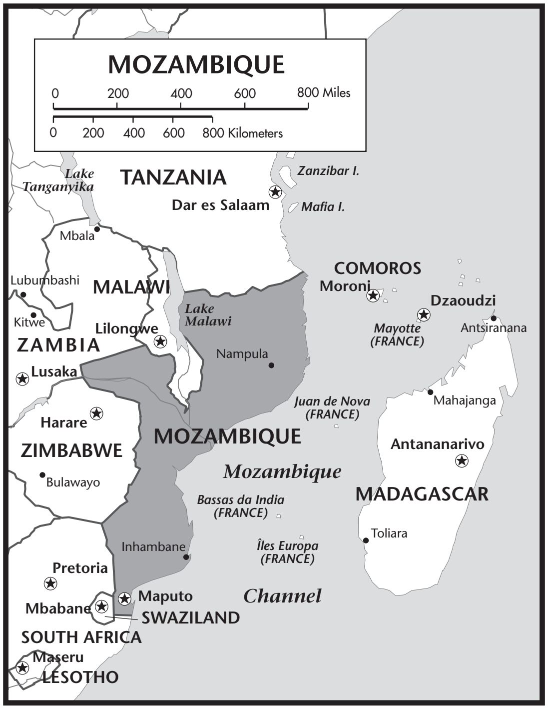
Located on the southeastern coast of Africa, Mozambique has an area of 309,496 square miles (801,590 square kilometers), slightly less than twice the size of the state of California. Mozambique is 44% coastal lowlands. The most important rivers are the Zambezi, the Limpopo, the Save (Sabi), and the Lugenda. The most important lake is Lake Malawi (also called Lake Niassa).

Thick forest covers the wet regions, but the drier interior has little vegetation. As with the dense forest elsewhere in the world, Mozambique has lost 70% of its forests. Wild animals, such as elephants, buffalo, wildebeests, zebras, hippopotamuses, lions, crocodiles, and over 300 varieties of birds, roam the country. In some areas there are problems with the purity of the water supply.

2 HISTORY AND FOOD

Some of the earliest inhabitants of present-day Mozambique were small groups of hunter-gatherers, often called Bushmen. These nomadic groups traveled from one place to the next in search of seasonal fruits, vegetables, roots, and seeds. To supplement their primitive diet, the groups would also follow herds of wild animals such as impala (an African antelope) and buck, killing them with poisonous bows and arrows. Permanent settlements were never established because agriculture (cultivating land to produce crops) was not practiced.

Around A.D. 300, Bantu-speaking Africans from the north introduced the practice of agriculture to Mozambique. The Bantu, who were primarily farmers and ironworkers, migrated to present-day Mozambique in search of farmable land. Over the next several hundred years, agricultural systems



were established to collectively grow maize (similar to corn) and other grains.

Arab merchants, who arrived in sailing ships called *dhows*, set up some of the first trading posts in the 700s. They brought with them various items, including *sal* (salt), essential in preserving foods such as meat. In 1498, a Portuguese explorer named Vasco da Gama landed at Mozambique on his voyage to India, quickly establishing Portuguese ports and introducing foodstuffs and customs to the Mozambican culture.

Ruling for nearly 500 years, the Portuguese greatly impacted the cuisine of Mozambique. Crops such as cassava (a starchy root) and cashew nuts (Mozambique was once the largest producer of these nuts), and *pãozinho* (pronounced pow-zing-yo; Portuguese-style bread rolls) were brought in by the Portuguese. The use of seasonings such as onions, bay leaves, garlic, fresh coriander, paprika, chili peppers, red sweet peppers, and wine were introduced by the Portuguese, as was sugarcane, maize, millet, rice, sorghum (a type of grass), and potatoes. *Prego* (steak roll), *rissois* (battered shrimp), *espetada* (kebab), *pudim* (pudding), and the popular *inteiro com piri-piri* (whole chicken in *piri-piri* sauce) are all Portuguese dishes commonly eaten in present-day Mozambique.

Piri-Piri Sauce

Ingredients

2 teaspoons cayenne pepper

¼ teaspoon salt

Juice of 2 lemons

2 garlic cloves, crushed

6 sprigs parsley, chopped (or 2 Tablespoons dried parsley)

1 cup butter or oil

Procedure

1. Combine all the ingredients together in a saucepan and heat on low for 5 minutes before serving.
2. Serve with cooked shrimp. Piri-piri may also accompany chicken, seafood, and most meats.

Pãozinho (Portuguese Rolls)

Ingredients

10 cups flour (approximately 5 pounds)

2 packages active dry yeast

¼ cup margarine

1½ teaspoons shortening

1 Tablespoon salt

1 Tablespoon sugar

3½ to 4 cups lukewarm water

Procedure

1. Dissolve the yeast in ½ cup of the water with ½ teaspoon sugar added. Let stand for 5 minutes, or until bubbly.
2. Place in a large bowl and add enough flour to make a batter.
3. Cover the bowl with a cloth and blanket and let stand until it forms bubbles and looks lumpy.
4. Add the remaining ingredients and mix well, kneading well until smooth, about 10 minutes. Add more flour if dough is too soft.
5. Cover again with cloth and blanket and let stand in a warm place until doubled in size.
6. On a floured board, using about ⅓ cup dough for each bread roll, shape into round balls and let rest on a cloth dusted with flour.
7. After all rolls are shaped, beginning with rolls that were shaped first, flatten each with palm of hand, making an indent in the middle with the side of your hand, then fold in half.
8. Lay each roll on the cloth with open side down.
9. Let rolls rest for 5 minutes. While rolls are resting, preheat oven to 500°F.
10. Place rolls on baking sheet with open side up and lightly brush with milk.
11. Bake in oven for 10 to 15 minutes.

Makes about 24 rolls.

3 FOODS OF THE MOZAMBICANS

The cuisine of Mozambique revolves around fresh seafood, stews, corn porridge (maize meal), *arroz* (rice), millet (a type of grain), and *mandioca* (cassava). Meats such as *bifel* (steak) and *frango* (chicken) are often accompanied by beans, cassava chips, cashew nuts, coconut, *batata* (potatoes), and a variety of spices, including garlic and peppers (a Portuguese influence). Seasonal *fruta* (fresh fruit; Mozambique's papaya and pineapples are known as some of the juiciest in the world), puddings made of fruits and rice, and fried balls of flour paste (similar to doughnuts), most often accompanied by Mozambican *chá* (tea), make a delicious ending to any meal.

In the mornings for *pequeno almoço* (breakfast), tea and coffee are commonly sold with sandwiches made of *ovos* (egg) or fresh *peixe* (fish), or a slightly sweetened bread-cake. The *pequeno almoço* is usually light, however, as the main meal of the day is normally *almoço* (lunch) at midday.

Those who work in cities and towns often purchase *almoço* from food stalls (also called tea stalls), which are located on roadsides, bus stations, and markets around town. *Pregos* (steak sandwiches), burgers, fried chicken, meat stews, and rice are typical fare available from the stalls. Fresh seafood from off the coast of Mozambique is abundant and is considered some of the most delicious food available. It is sold nearly everywhere from street stalls to city restaurants, though it is more available near

the coast. Fresh fish, prawns (similar to shrimp), calamari (squid), crab, lobster, and crayfish are often served with *arroz* (rice) or *batata fritas* (fries, known as chips). *Matata*, a seafood and peanut stew, is a typical local dish. Rice topped with sauce, spicy stew, fresh fruit (such as pineapples sprinkled with sugar and cashew nuts), and *posho* (maize porridge) are common lunches for children. Toasted cheese sandwiches (*sandes de queijo*), commonly sold at stalls, and chips (fries) are other favorites.

Aside from the widely served coffee and tea, adults may enjoy locally brewed beer made from maize, a Mozambican staple food. The thick and sweet drink is often drunk from a common pot and shared by everyone present on special occasions. Madeira, a Portuguese wine that is popular in Mozambique, was extremely popular in America during the colonial era—it was a favorite of George Washington and was used to toast the Declaration of Independence in 1776.

Children often prefer such beverages as carbonated soft drinks and fresh fruit juices, which are sometimes imported from the country of South Africa.

Maize Porridge

Ingredients

4 cups water

2½ cups white cornmeal

Procedure

1. Bring 3 cups of the water to a boil in a large pot.
2. Combine 1½ cups of the cornmeal with the remaining 1 cup water.
3. Reduce heat to low and add the cornmeal mixture to the boiling water, stirring constantly with a wooden spoon.
4. Cook for about 5 minutes, slowly adding the remaining cup of cornmeal.
5. When the mixture is very thick and starts to pull away from the sides of the pan, transfer to a serving bowl or plate.
6. Use a spoon to shape the mixture into a round ball (you may also use wet hands).
7. This stiff porridge is popular throughout Africa and is typically used to scoop up sauces and food from plates.

Serves 6 to 8.

Sandes de Queijo (Baked Cheese Sandwich)

Ingredients

1 Portuguese roll (a soft white dinner roll may be substituted)

2 to 3 slices cheddar cheese

2 slices ham (optional)

Procedure

1. Preheat oven to 350°F.
2. Slice the roll in half, but do not cut all the way through.
3. Open the roll and place 2 to 3 slices of cheese on top of the bottom half.
4. Add ham slices if desired (ham often accompanies cheese on sandwiches in Mozambique).
5. Close the roll and place on a cookie sheet in the warm oven.
6. Bake until cheese is melted, about 5 minutes.

Serves 1.

Matata (Seafood and Peanut Stew)

Ingredients

1 cup onions, finely chopped

Olive oil (vegetable oil may be substituted)

4 cups canned clams, chopped

1 cup peanuts, finely chopped

2 tomatoes, cut into small pieces

1 Tablespoon salt

½ teaspoon black pepper

1 teaspoon crushed red pepper, or to taste

1½ pounds fresh, young spinach leaves, finely chopped

2 cups cooked white rice

Procedure

1. Sauté onion pieces in a small amount of olive oil in a saucepan over medium-low heat. Cook until onions are softened, but do not brown them.
2. Add the chopped clams, peanuts, tomatoes, salt, black pepper, and a pinch amount of red pepper (it is spicy).
3. Over low heat, simmer for 30 minutes.
4. Add spinach leaves.
5. Cover tightly; as soon as leaves are withered, *matata* is ready to be served.
6. Serve over cooked white rice.

Makes 8 servings.

Malasadas (Doughnuts)

Ingredients

1 package yeast

⅓ cup and 1⅓ cups warm water

1 teaspoon and ⅓ cup sugar

2 pounds flour

1 teaspoon salt

1⅓ cup cream

⅓ cup butter, melted

8 eggs, beaten

Oil, for frying

Procedure

1. Dissolve the yeast in the ⅓ cup warm water and 1 teaspoon sugar; stir. Let stand until foamy (several minutes).
2. Combine the flour, sugar, and salt in a large bowl. Mix in the cream and water.
3. Beat the 8 eggs in separate bowl.
4. Add the beaten eggs and melted butter in with the rest of the ingredients to the flour mixture.
5. Add the dissolved yeast mixture and stir well to form a soft dough.
6. Cover and put in a warm place. Let stand until double in size, about 1½ hours.
7. Drop by spoonfuls into deep, hot oil and fry until light brown.
8. Remove, using a slotted spoon, and drain on a rack with paper towels.
9. Coat with sugar, if desired.

Makes 5 dozen small doughnuts.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The religions practiced by the people of Mozambique are Islam, Christianity, and African indigenous beliefs. This is a result of the various cultures that have dominated the country throughout its history. Arab traders introduced the religion of Islam, the dominant religion of their Middle Eastern origins. The Portuguese, led by explorer Vasco da Gama, made one of their missions to spread the idea of Christianity on their

A Typical Christmas Meal

Chicken (with *piri-piri* sauce or marinade)
Chips (French fries)
Cabbage
Rice
Watermelon
Filhos de natal (Christmas fritters)

voyage to India at the end of the 1400s (bringing spices and various riches back to Portugal was the other mission).

At the beginning of the twenty-first century, roughly 60 percent of the population practiced a form of traditional indigenous religion, 30 percent are Christian, and about 10 percent are Muslim. Some Christians and Muslims also choose to practice their traditional indigenous beliefs.

The strong Christian presence throughout the country makes Christmas a very special time. Portuguese songs are rehearsed, costumes are designed for children participating in Mozambican celebratory dances, and decorations are made to hang on Christmas trees. A dove (symbolizing peace) and a cross form Mozambique's logo for the Christian Council and is often found on trees during Christmas time each year. Those who can afford a nice holiday meal will often have an entrée of meat, accompanied by rice, a vegetable, fresh fruit, and fancy pastries or cakes for dessert. Those closer to the coast will usually eat garlic shrimp or other seafood delicacies. The very poor often receive a food donation of rice, oil, and beans from various organizations. Christmas Day is also called Family Day in Mozambique.

Secular (non-religious) holidays are also widely celebrated throughout the country. Often on these days, families and close friends gather together to enjoy a large meal. Some of these days include New Year's Day on January 1, Independence Day on June 25, and Maputo City Day in Maputo on November 10. On such special occasions, *bolo polana* (a cashew nut and potato cake) is a Mozambican favorite.

Filhos de Natal (Christmas Fritters)

Ingredients

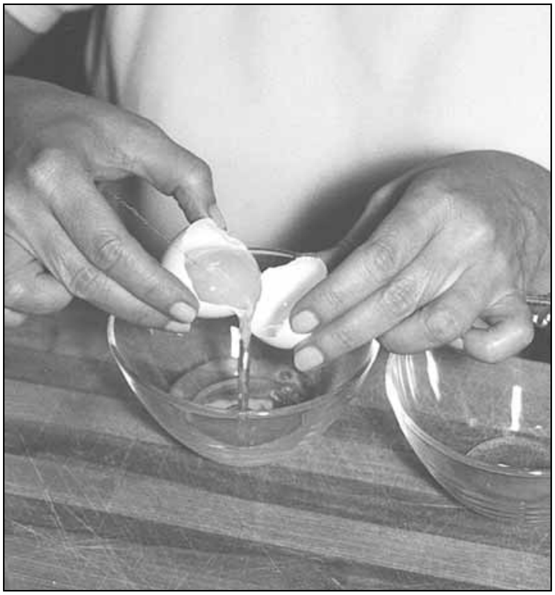
- 1 package dry yeast
- 4 cups flour
- 5 eggs, lightly beaten
- ¾ cup honey
- ¼ cup warm milk
- 1 teaspoon salt
- 4 Tablespoons brandy (may substitute 2 teaspoons vanilla)
- ½ cup hot water
- Oil, for frying

Procedure

1. Beat the 5 eggs in a bowl.
2. Warm the milk in a microwave, and dissolve the yeast in the warm milk. Let stand for 5 minutes.
3. In a large bowl, combine the flour and salt.

4. Add the yeast mixture, beaten eggs, and brandy or vanilla to the flour mixture.
5. Knead until the dough is smooth and elastic (about 10 minutes).
6. Place the dough into a greased bowl, cover with a cloth, and let rise in a warm place until doubled in size (about 2 hours).
7. Punch down on the dough and roll out onto a floured board (with a rolling pin) until about ¼-inch thickness.
8. Cut into ½-inch wide and 2-inch long strips.
9. Fry in hot oil for 2 to 3 minutes until crisp and golden brown, then drain on paper towels.
10. Dissolve the honey in hot water and drip the fritters in the mixture until coated.
11. Serve either hot or cold.

Serves 6 to 8.



EPD Photos

To separate the eggs for Bolo Polana (Cashew Nut and Potato Cake), transfer the egg yolk back and forth between the two eggshell halves, letting the white drip into the bowl.

Bolo Polana (Cashew Nut and Potato Cake)

Ingredients

3 medium-sized (1 pound) boiling potatoes, peeled and quartered

3 quarter-pound sticks unsalted butter, softened

2 Tablespoons flour

2 cups sugar

2 cups roasted, unsalted cashews, finely chopped in blender or nut grinder

2 teaspoons fresh lemon peel, finely grated

2 teaspoons fresh orange peel, finely grated

9 egg yolks

4 egg whites

Procedure

1. Boil the potatoes uncovered until they are soft enough to be easily mashed with a fork (about 15 minutes). Drain and return to the cooking pot.
2. Thoroughly mash the potatoes with a fork or potato masher (or electric mixer). Set aside to cool.
3. Preheat oven to 350°F.
4. Grease well the bottom and sides of a 9-inch springform cake pan. Dust the pan evenly with flour. Turn pan over and tap on surface to remove excess flour.
5. In a large bowl, mix the 3 sticks of softened butter and 2 cups of sugar together using a wooden spoon or electric mixer until light and fluffy.

6. Add the potatoes, cashews, and lemon and orange peels; mix well.
7. Add the egg yolks one at a time and continue to stir until well blended.
8. With a whisk or electric blender in a separate bowl, beat the egg whites until stiff.
9. Slowly and gently mix the egg whites into potato mixture, using a spatula.
10. Pour the batter into the pan, smoothing the top with a spatula.
11. Bake for about 1 hour, or until top is brown. Let cool for 5 minutes, then remove the cake onto a wire rack.
12. Serve cake while it is slightly warm or at room temperature.

Makes one 9-inch round cake.

5 MEALTIME CUSTOMS

The midday meal is typically the main meal of the day for Mozambicans. However, *jantar* (dinner) may be the main meal for those who can afford to feed guests on special occasions. Traditional African customs often combine with those influenced by the Portuguese, making for a unique dining experience.

The Portuguese influence is felt most often in the dinner's arrangement. Unlike the custom in many African countries, dinner is usually presented on a table with accompanying chairs, rather than having the guests seated on the floor. An embroidered tablecloth and napkins will likely adorn the tabletop, along with individual plates, eating utensils (many African countries prefer eating with the hands), and Portuguese wine.

The most commonly served food largely reflects that of African origins, with Portuguese wine and *piri-piri* (hot pepper relish) being major exceptions. Soup is a popular appetizer eaten before the main meal, often consisting of a popular vegetable such as corn, squash, or green beans. A ladle is used to transfer the soup into decorative soup bowls. Salads, such as tomato and avocado, are served with the main entrée (usually without bread). Fresh seafood, meat, poultry, or *matata* (seafood and peanut stew) served with rice is most commonly served as the main dish. Condiments (such as *piri-piri*, cashews, and coconut milk) and other spicy sauces may accompany the dish. Those with less money often stick to more simple staples, such as corn porridge and beans.

Dessert, usually fresh fruit, pudding, or small pastries (such as fried dough) is normally eaten in a more casual, relaxed atmosphere (such as a living room). Tea, coffee, and wine are usually offered to the guests while enjoying conversation and Mozambican music.

Sopa de Feijao Verde (String Bean Soup)

Ingredients

1 cup instant mashed potatoes

1 Tablespoon onion powder

1½ quarts boiling water

1 can (6-ounce) tomato sauce

1 package frozen green beans, thawed and cut into thin slices

Procedure

1. Combine the instant potatoes, onion powder, water, and tomato sauce in a saucepan over medium heat; stir well and bring to a boil.
2. Add the sliced green beans to the potato mixture in the saucepan.
3. Simmer until the beans are cooked.
4. Serve in bowls or large soup plates.

Makes 8 cups.

Salada Pera de Abacate (Tomato and Avocado Salad)

Ingredients

1 head iceberg lettuce, chopped

2 tomatoes, sliced

2 avocados, pitted and sliced

2 Tablespoons lemon and herb dressing (see recipe)

Procedure

1. Distribute and arrange the chopped lettuce, tomato, and avocado slices on 8 salad plates.
2. Top with lemon and herb dressing (other salad dressing may be substituted).

Serves 8.

Lemon and Herb Salad Dressing

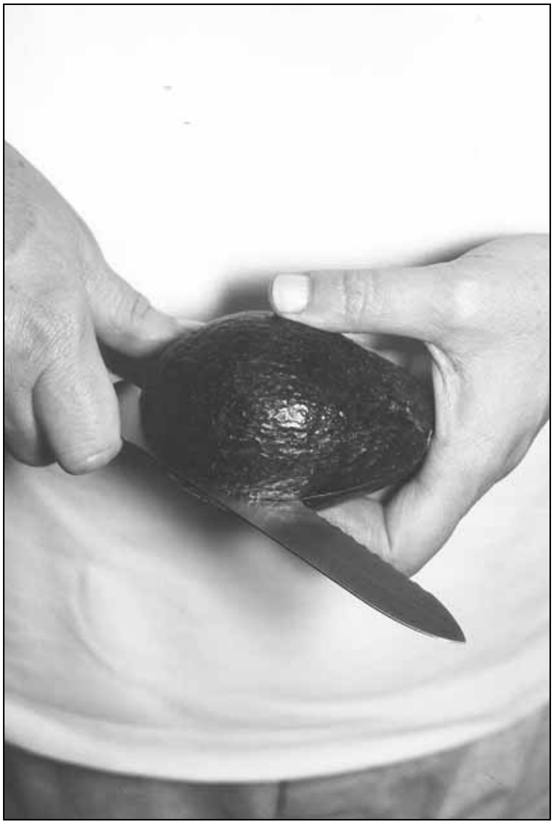
Ingredients

3 Tablespoons olive oil

2 Tablespoons lemon juice

2 Tablespoons parsley, chopped

1 clove garlic, crushed



EPD Photos

To prepare the avocado for Salada Pera de Abacate (Tomato and Avocado Salad), first slice all the way around the avocado. Then twist the two halves to separate them and expose the pit.

Procedure

1. Beat all the ingredients together in a mixing bowl and serve over *salada pera de abacate* (see recipe).

6 POLITICS, ECONOMICS, AND NUTRITION

About two-thirds of the population of Mozambique is classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of

children under the age of five, about 16 percent are underweight, and over 20 percent are stunted (short for their age).

A campaign to provide Vitamin A supplements to all Mozambican children under the age of five years was launched at the beginning of the twenty-first century. In cooperation with organizations such as the National Agricultural Research Institute and UNICEF, the country's Health Ministry distributed Vitamin A-rich sweet potatoes with orange pulp to local children. Vitamin A will be administered to these children every six months during their normal check ups to prevent blindness. In addition, iodine deficient children under the age of 14, who may experience malfunctioning of the brain and central nervous system, will be provided with iodine capsules.

As the twenty-first century began, an outbreak of Cassava Brown Streak Disease threatened the cassava crop, a Mozambican staple, according to the Famine Early Warning System (FEWS) Network.

7 FURTHER STUDY

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Nigeria

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The name Nigeria is taken from the Niger River, which plays an important part in Nigerian lives. Not only is it a transportation highway, it is an excellent source of fish, including carp, Nile perch, and catfish. It also provides the water needed to cultivate crops.

Nigeria is located on the west coast of Africa at the inner corner of the Gulf of Guinea (part of the Atlantic Ocean). Its land area is comparable to being about twice the size of California.

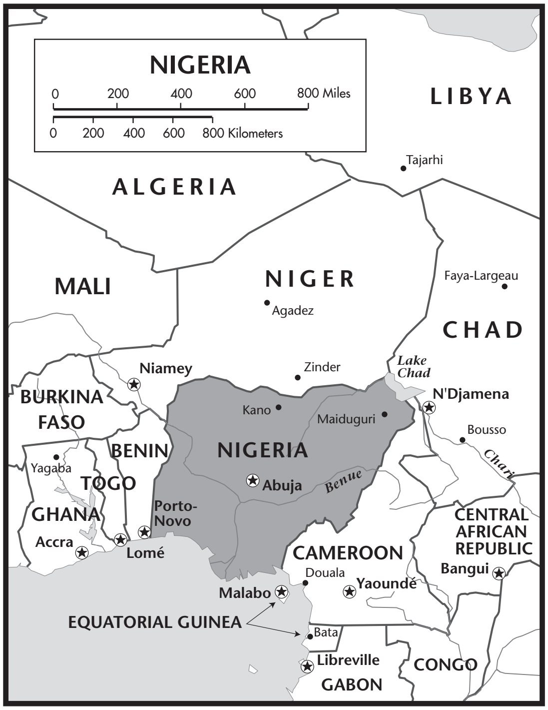
An area of mangrove (a type of tropical tree) swamp forest lines the coast of Nigeria. Beyond the forest lies a wide tropical forest, then a plateau that leads to the Shebshi Mountains (on the eastern side of the country). The extreme north borders on the Sahara Desert.

Many different climates mirror the varied land regions, although Nigeria is mostly in a tropical zone. On the coast, it is very humid, and the nights are hot. Inland there is a wet season from April to October and a dry season from November to March.

2 HISTORY AND FOOD

Trade was largely responsible for changing the flavors of African cuisine. Before trading between continents began, main staples included rice, millet (a type of grain), and lentils. The Portuguese were the first Europeans to reach Nigeria. There, they established a slave trade center around the 1400s. Portuguese explorers and traders introduced cassava to western Africa (including present-day Nigeria) through their trade with the African coasts and nearby islands. British, Dutch, and other European traders later competed for control of the trade. By the 1700s, the British were the main traders of slaves on the Nigerian coast.

European explorers and traders introduced several food staples to western Africa, such as beans, cassava, and maize. These foods were introduced to the explor-



ers while on journeys to America; they, in turn, brought the foods to western Africa. Asian seasonings such as pepper, cinnamon, and nutmeg were also brought back, and are still used to flavor dishes.

3 FOODS OF THE NIGERIANS

Nigeria is one of the world's most ethnically diverse countries. The Hausa and Yoruba make up around 21 percent of the population; the Igbo/Ibo, 18 percent; the Fulani, around 11 percent; and Ibibio, 5 percent. Various other groups make up the remaining 23 percent.

Nigeria has such a variety of people and cultures that it is difficult to pick one national dish. Each area has its own regional favorite that depends on customs, tradition, and religion. The different foods available also depend on the season: the "hungry season" is before the rains arrive in March, and the "season of surplus" follows the harvest in October and November. Fruits, however, are enjoyed year-round. A large part of Nigeria lies in the tropics, where many fruits are available. Some of the popular fruits are oranges, melons, grapefruits, limes, mangoes, bananas, and pineapples.

People of the northern region (mostly Muslim, whose beliefs prohibit eating pork) have diets based on beans, sorghum (a type of grain), and brown rice. The Hausa people of this region also like to eat meat in the form of *tsere* or *suya* (kebabs, which are chunks of roasted, skewered meat). Muslims love to drink tea, making coffeehouses popular places to socialize.

The people from the eastern part of Nigeria, mostly Igbo/Ibo, eat *gari* (cassava powder) dumplings, pumpkins, and yams. Yams are usually eaten in place of potatoes and are an important part of the Nigerian diet. However, African yams are different than Western yams. They are pale, barely sweet, and are not commonly found in United States supermarkets.

Isu (Spiced Boiled Yams)

Ingredients

2 pounds yams, peeled and thickly sliced (regular yams can be used in place of African yams)

½ teaspoon salt

1 clove garlic

1 teaspoon cinnamon



EPD Photos

Cassava is a firm root vegetable with a shiny white skin and creamy white flesh. West Africans use it to make flour, called gari. Packaged gari can be purchased in specialty stores worldwide.

4 Tablespoons butter, melted

Cayenne pepper, to taste

Procedure

1. Place the yams in a large saucepan and add enough water to cover them.
2. Add the salt, garlic clove, and cinnamon. Bring to a boil.
3. Reduce heat to medium and cook until tender, 15 to 20 minutes.
4. Drain the yams and remove the garlic clove and discard it.
5. Place the yams on a platter and drizzle the butter over the top.
6. Sprinkle with a little cayenne pepper (be careful, cayenne pepper tastes very hot) and serve.

The Yoruba people of the southwest and central areas eat *gari* with local varieties of *okro* (okra) and spinach in stews or soups. They also like to eat mashed yams or mashed cassava.

Near the coast of the Gulf of Guinea, Nigerians prefer eating seafood stews (made with fish, shrimp, crab, and lobster), yams, rice, and vegetables. Fish is important to the Nigerian diet since it is one of only a few sources of protein. A common way coastal Nigerians prepare fish is to make a marinade of ginger, tomatoes, and cayenne pepper, and then cook the fish in peanut oil. *Efo* (stews) are also popular.

Nigerian Stew

Ingredients

2 pounds fish fillets, thinly sliced (although it won't be authentic Nigerian, chicken may be substituted for fish)

Salt, to taste

Pinch of thyme

¼ cup red bell pepper, minced

¾ cup tomato paste (6-ounce can)

1 medium onion, chopped

4 cups water

¼ cup peanut or vegetable oil

1 chicken bouillon cube

Procedure

1. Season fish fillets with salt and thyme. Set aside.
2. Place the pepper, tomato paste, onion, and water in a large pot.
3. Cook for 10 minutes over medium heat.
4. Add the oil and bouillon cube. Simmer over low heat for 15 minutes.
5. Add the seasoned fish fillets and simmer for 10 minutes. (If using chicken, simmer for 20 minutes.) Serve with rice.

Serves at least 8.



Cory Langley

Vendors set up at the roadside, where customers stop for a snack or light meal.

People living in the cities tend to buy their food from "chop bars" (bars that sell food), street vendors, hawkers (peddlers who shout what they are selling), or from restaurants. They may purchase dishes such as *ukwaka*, a steamed pudding made from corn and ripe plantains, and *moin-moin*, a steamed cake of ground dried beans and fish. These dishes may be served with *jollof rice* (a spicy tomato-based rice), cassava, yams, *okro*, beans, plantains, or *kebabs.*

Nigerian stews, such as *ikokore* (made with fish and yams), are typically spicy and eaten with rice, yams, cassava, and corn. Peppers and chilies are used regularly in dishes and as a relish. A Yoruba Proverb says, "The man that eats no pepper is weak, pepper is the staff of life..."

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Nigerians practice traditional African religious beliefs in addition to various branches of Islam and Christianity. Muslims make up 45 percent of the population. Muslim and Christian holidays include the end of Ramadan (a month of fasting), Easter, Good Friday, and Christmas. Nigerians return to their villages for Christmas to be with their families. In the afternoon, children open gifts and go from house to house, singing carols and hoping for candy and cookies. A Christmas feast may include *obe didin* (roasted goat), *jollof rice* with chicken stew, *moin-moin*, *iyan* (pounded yams), and chopped liver.

Jollof Rice

Ingredients

1 large onion, chopped

2 Tablespoons vegetable oil

2 teaspoons tomato paste

1½ cups cooked rice

1 green chili, seeded and chopped (green pepper can be substituted)

1 cup meat or vegetable stock

Procedure

1. Cook the rice according to package directions.
2. Heat the oil in a frying pan and sauté the onion until soft, but not browned.
3. Add the tomato paste and chili and cook on medium heat while stirring, about 2 minutes.
4. Add the rice and continue stirring.
5. Add the stock and bring the mixture to a boil.
6. Reduce heat to medium and cook until almost all of the stock has evaporated. Serve.

Makes 4 servings.

Iyan (Pounded Yams)

African yams are not readily available elsewhere in the world, so regular yams may be substituted.

Ingredients

4 yams, peeled (canned yams may be substituted, if necessary)

Water

Salt, to taste

Procedure

1. Rinse the yams in water and slice them into chunks. Place chunks in a large pot or saucepan. If substituting canned yams, pour the contents of the can into a saucepan, but do not add additional water.
2. Bring to a boil and cook, uncovered, about 20 minutes (10 minutes for canned yams), or until soft enough that a fork is easily inserted.
3. Drain the yams and place them into a blender (or mash by hand). Blend until smooth.
4. Season with salt and serve with soup or stew.

Serves 6.

Besides religious holidays, there are many cultural festivals throughout the year. The Argungu Fish and Cultural Festival is held on the banks of the River Sokoto. Several months before the festival, the River Sokoto is dammed (blocked at a certain point). When the celebration begins, hundreds of fishermen jump into the river at once to scare the fish into the air and into waiting nets.

Igbo Day is a festival of *Iri-ji*, which means, “new-yam eating.” It is held by the Igbo people in Nigeria in August and is a day to celebrate the end of the cultivation season. The oldest man in the community performs the solemn ritual of eating the first new yam. This ritual is meant to express the community’s appreciation to the gods for making the harvest of farm crops possible. Only yams are served at the festival.

5 MEALTIME CUSTOMS

Many Nigerians rise as early as 5 A.M., when a small breakfast is eaten to begin their day. Breakfast usually consists of rice and mangoes, or stewed soybeans. *Dodo* (fried plantains) is a common dish, as well as leftovers from the night before.

Lunch is eaten around 11 A.M. and considered the most important meal of the day. A late dinner may be served with dishes similar to those offered at lunch. Most Nigerian meals are made up of one course and are cooked outside over an open fire (gas and kerosene stoves are sometimes used, but the two fuels are very expensive for many Nigerians). Dishes such as *efo* (stew) or *moin-moin* may be served at lunch. Soups and stews are common lunchtime foods, eaten with hands cupped like a spoon. Many Nigerians only use their right hand. In southern Nigeria, two favorite soups are *egusi* soup and palm nut soup. *Egusi* is a spicy yellow soup made with meat, red chilies, ground dried shrimp, and greens. Palm nut soup is a stew made with meat, chilies, tomatoes, onions, and palm nut oil.

Efo (Greens Stew)

Ingredients

1 pound collard greens or spinach

1 can (8-ounce) tomato paste

1 can (8-ounce) tomato puree

1 large onion, diced

1 Tablespoon vegetable oil

Procedure

1. Wash the greens and tear into small pieces.
2. In a large pot or saucepan, place the greens in water and add the oil.
3. Boil greens until tender.
4. Add tomato paste, tomato puree, and diced onion.
5. Reduce heat to medium and simmer until vegetables are tender. Serve.

Makes 4 to 6 servings.

Lunch and evening meals are typically served on large communal plates and shared among children according to their gender and age. Young children may eat from a dish with their mother, but when they reach the age of seven or eight, the boys and girls are separated and meals are eaten with members of the same sex.

Dodo (Fried Plantains)

Plantains are slightly larger than bananas and can be found in most supermarkets. When ripe, their skins are yellowish green or yellow (or black if extremely ripe). Plantains do not taste sweet, like yellow bananas.

Ingredients

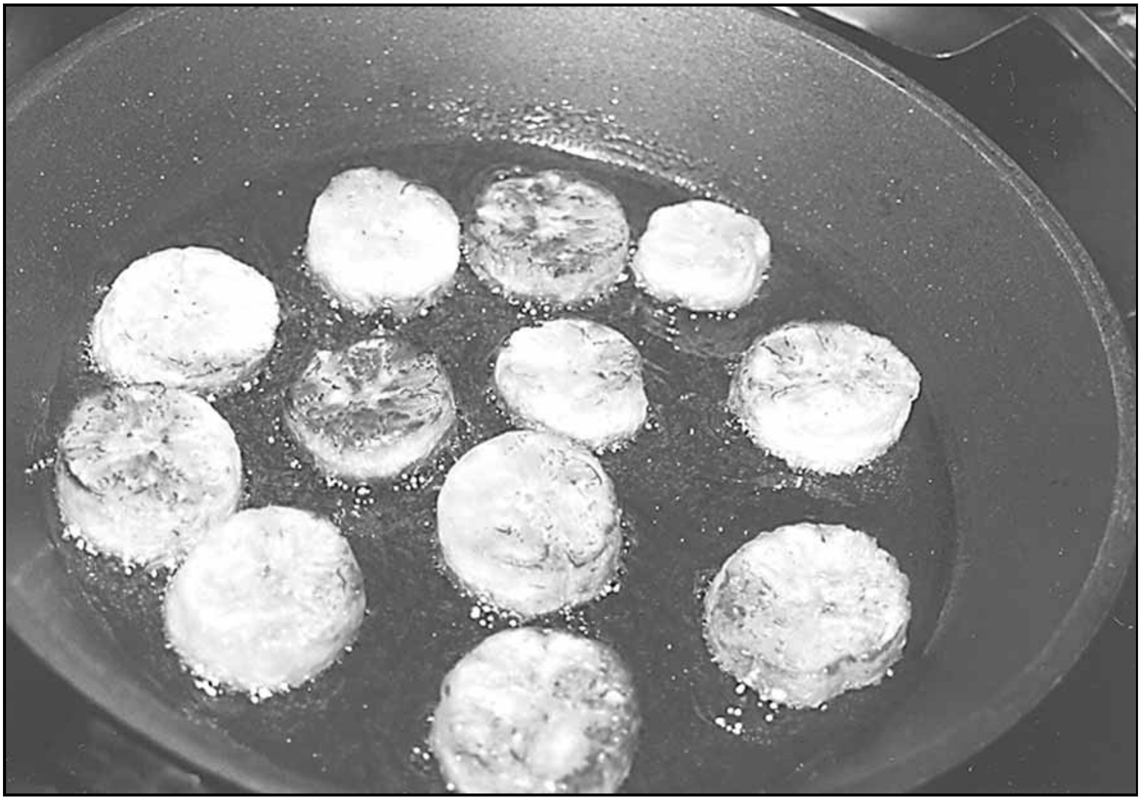
4 ripe plantains, peeled and sliced

Vegetable oil, for frying

Salt, to taste

Procedure

1. Heat oil in a large frying pan.
2. Place the sliced plantains in the frying pan and fry, turning as needed, until golden brown.
3. Drain on paper towels.
4. Season with salt and serve hot or warm.



EPD Photos

Dodo (fried plantain slices) sizzle in the frying pan. Fried plantains are often served for breakfast or as a snack.

Nigerians enjoy many different snacks that are eaten throughout the day. Some examples are fried yam chips, boiled groundnuts, and meat pastries. *Akara,* which is a puffy, deep-fried cake made with black-eyes peas, is sometimes eaten with chili dip. Other snacks are *kulikui* (small deep-fried balls of peanut paste), *suya*, a hot and spicy kebab, and a few sweets like *chinchin* (fried pastries in strips). Snack foods are an important part of a child's diet. Fresh fruits (mangoes are a favorite to many), fried bean cakes, cookies, or candy are commonly sold by street vendors. Snacks provide an opportunity for children to eat on their own, without having to share with siblings.

Chinchin

Ingredients

3 cups flour

1 cup butter or margarine

1 egg

1 teaspoons baking powder

½ cup water

½ cup milk (or an additional cup of water)

Sugar

Vegetable oil, for frying

Procedure

1. Mix all the ingredients together (except oil) to form a dough.
2. Sprinkle some flour on a cutting board or other flat surface. Knead the dough until smooth (about 10 minutes).
3. Tear off a piece of dough and flatten it (about ½-inch thick) on the cutting board.
4. Cut the dough into 1-inch squares.
5. Pour some sugar in a paper bag (to coat the *chinchin* after it is fried).
6. Heat the oil in a frying pan over medium heat.
7. Place a few of the squares into the oil and fry until golden brown.
8. Place the fried *chinchin* on a paper towel for a few seconds to soak up the extra oil (do not cool).
9. Place the *chinchin* into the bag of sugar and shake to coat all sides. Serve.

Makes about three dozen.

6 POLITICS, ECONOMICS, AND NUTRITION

About 8 percent of the population of Nigeria are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 39 percent are underweight, and over 39 percent are stunted (short for their age).

Many families are fairly self-sufficient where food is concerned. They harvest their own food crops, such as yams, cassava, corn, and millet.

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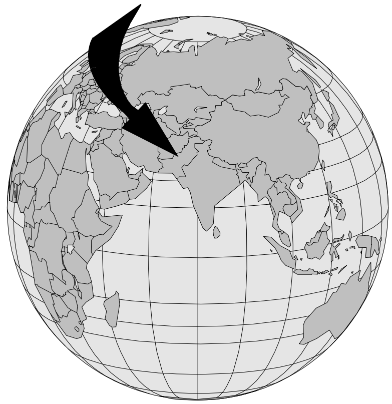
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Pakistan

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Pakistan lies northwest of India and west of China. The country's name comes from the Urdu language (Pakistan's official language), meaning "Land of the Pure." It is approximately the size of Texas and its southern coast borders the Arabian Sea. The Hindu Kush and Himalayan mountain ranges of northern Pakistan have some of the most rugged land found anywhere in the world. Nearly all of the land in these mountains lies above 7,800 feet. The Indus plains are in the central region of the country. The climate there is hot and dry. The region usually receives only about eight inches of rain a year and temperatures may hover around 104°F for months at a time. Despite these conditions, the Indus plains support the largest part of Pakistan's population.

Urdu is Pakistan's official language, although only 10 percent of Pakistanis speak it. Sixty percent of the population speak Punjabi. Other languages include Sindhi (13 percent); Pushto or Pashtu, spoken by the Pathans (8 percent); and Kashmiri, 2 percent. With this diversity, and because of the role of language in cultural identity, Urdu has been adopted as Pakistan's national language.

2 HISTORY AND FOOD

The spreading of the Islam religion, starting in the A.D. 700s, forms the basis of Pakistani cuisine. Because Muslims (those who practice the Islam religion) are forbidden to eat pork or consume alcohol, they concentrated on other areas of food such as beef, chicken, fish, and vegetables.

The Moghul Empire (from India) began its ruling in present-day Pakistan around 1526. Its style of cooking, called *Mughal*, typically includes such ingredients as herbs and spices, almonds, and raisins. *Mughal* cooking remains an important part of Pakistani cuisine. Foods such as *shahi tukra*, a dessert made with sliced bread, milk, cream, sugar, and saffron (a type of spice),



and chicken tandoori are still enjoyed in the twenty-first century. Chicken tandoori is chicken that is cooked at a low temperature in special large clay ovens called tandoors.

Shahi Tukra

Ingredients

5 slices bread

2 Tablespoons oil

4 Tablespoons sugar

4 cups milk

Saffron powder, to taste (optional)

Raisins or prunes (dried plums)

Procedure

1. Remove the crusts from the bread with a knife. Cut the bread into four triangular pieces.
2. Heat the oil in a frying pan (over medium heat) and fry the bread pieces one at a time on both sides until golden brown.
3. In a saucepan, add the milk and sugar and bring to a boil, making a slightly thick sauce.
4. Add the saffron to the sauce (optional). Reduce heat to low.
5. Soak the bread slices in the milk sauce and garnish with the raisins or prunes (dried plums). Serve immediately.

Serves 5 to 10.

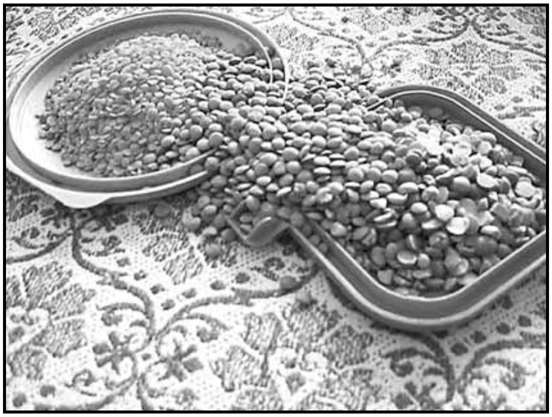
Pakistan was part of India until 1947. Although Pakistani cuisine has obvious Indian roots (found in its heavy use of spices, for example), its foods reflect Irani, Afghani, Persian, and Western influences to give it its own distinct character. These cultures brought different uses of herbs, flavorings, and sauces to Pakistan, transferring ordinary staple foods into unique dishes.

3 FOODS OF THE PAKISTANIS

Pakistan is divided into four provinces, each with different cultures and regional specialties. For example, *machli* (fish) and other seafood are delicacies in the coastal Sind province. In Baluchistan, (the largest province) located in western Pakistan, cooks use the *sajji* method of barbecuing whole lambs in a deep pit. The people living in Punjab (eastern Pakistan) are known for their *roti* (bread) and elaborate cooking preparations. The Pathens, who occupy the Northwest Frontier province, eat a lot of lamb. Their cooking, however, is considered more bland than the other regions. Oven-baked bread

eaten with cubes of meat, called *nan-kebab*, is a favorite Pathen dish.

As a whole, milk, lentils, seasonal *sabzi* (vegetables), and flour and wheat products are the most abundant foods, forming the basis of Pakistani cuisine. *Chapatis* is a flat bread made from wheat and is a staple at most meals. It is used to scoop up food in place of eating utensils. Vegetables such as *alu* (potatoes), *gobhi* (cabbage), *bhindi* (okra), *channa* (chickpeas), and *matar* (peas) are eaten according to the season. *Dhal* (or *dal*) is a stew made with lentils, one of the most commonly eaten vegetables.



EPD Photos/Himanee Gupta

Dhal is made from lentils. There are several varieties of lentils—red, brown, and green. All are used by South Asian (Pakistani and Indian) cooks.

Dhal (Lentil Stew)

Ingredients

1 medium onion, diced

2 cloves garlic, minced

1 teaspoon turmeric (a common spice found in supermarkets)

1½ teaspoon cumin

1 teaspoon fresh ginger, finely grated

2 Tablespoons vegetable oil

1 cup dried lentils

3 cups water

1 teaspoon salt

Procedure

1. Heat the oil over medium heat in a large frying pan or saucepan.
2. Sauté the onion, garlic, and spices.
3. Add the water and bring to a boil.
4. Reduce heat to low, cover, and simmer until lentils are tender, about 45 minutes.
5. Remove the cover and simmer over low heat, stirring frequently, about 20 more minutes (until lentils are mushy and thick).
6. Serve with rice.

Serves 4.

Pakistan offers many fresh fruits that are most plentiful in the summer and autumn months. Mangoes, papayas, bananas, watermelon, apricots, and apples are some examples. *Chiku* have the taste of a date and the texture of a kiwi fruit. Many Pakistanis eat their fruit (especially watermelon) with a light dusting of salt to offset the sweetness or tartness.

While these dietary staples may seem bland, Pakistani cuisine is rich with sauces and condiments to spice up their dishes. A variety of spices (an Indian influence), such as chili powder, curry, ginger, garlic, coriander, paprika, and cinnamon, are at the heart of Pakistani cuisine. A wide range of chut-

neys (a relish usually made of fruits, spices, and herbs), pickles, and preserves that accompany meats and vegetables give Pakistani cuisine its distinct flavor.

Aaloo Bukhary Ki Chutney (Plum Chutney)

Ingredients

1 cup prunes (dried plums)

2 cups water

½ cup sugar

½ cup vinegar

Salt, to taste

Pepper, to taste

Cayenne pepper, to taste

Red chili powder, to taste

Procedure

1. In a saucepan, add the water, salt, peppers, and chili powder to dried plums.
2. Bring to a boil and cook until plums are tender, about 5 minutes. Reduce heat to medium and add sugar.
3. Stir, and cook until the sugar melts and the mixture thickens, about 2 minutes.
4. Add the vinegar and bring the mixture to a boil, about 2 minutes.
5. Serve warm or at room temperature as a condiment with *roti* (bread), meat, or vegetables.

Those who can afford it eat meats such as sheep, poultry, and sometimes *gayka gosht* (beef). There are a number of ways meat is prepared in Pakistan. *Karai* is a method where the meat is cooked with vegetables and served in its own pan. *Jalfrezi* is meat stir-fried with tomatoes, egg, and chilies. *Tikka* and *bhoti kebab* both refer to meat grilled on a spit (a slender rod or skewer) over an open fire.

Chicken Karaii

Ingredients

2 pounds boneless, skinless chicken, cut into bite-sized pieces

½ cup water

1 cup tomatoes, chopped

¼ cup green chilies, finely chopped

4 teaspoons fresh ginger, finely chopped

1 teaspoon salt

2 teaspoons black pepper

1 teaspoon allspice powder

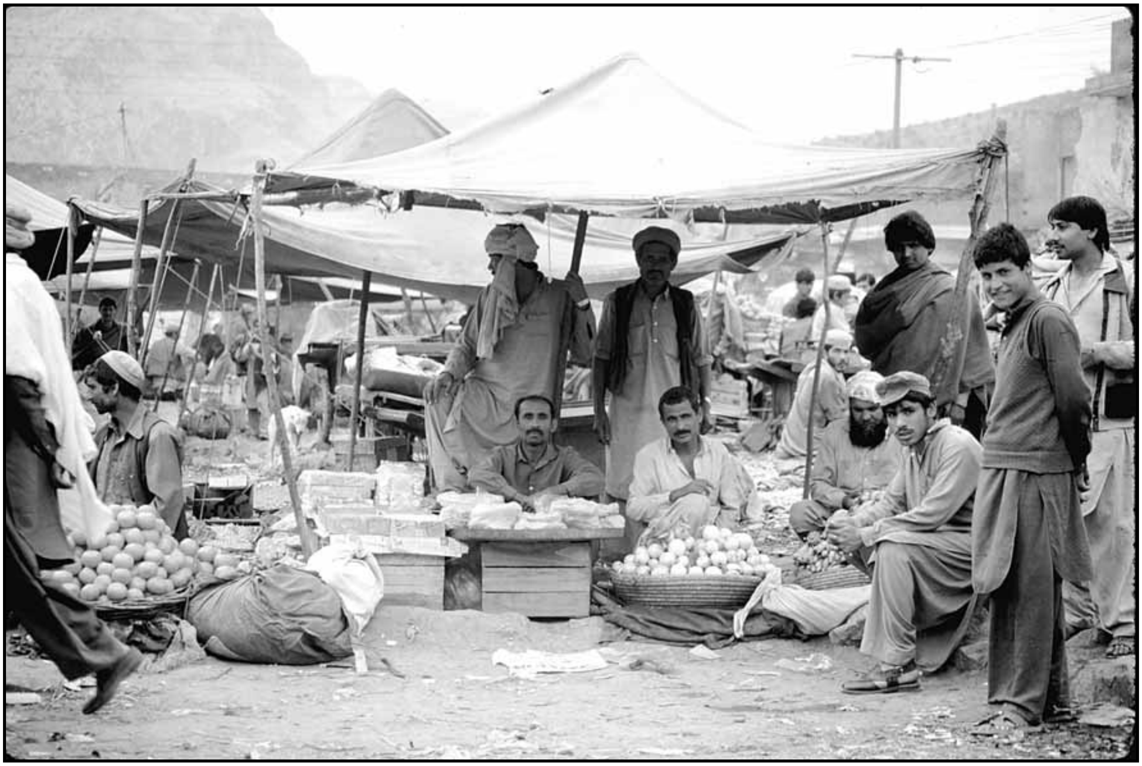
½ cup vegetable oil

Procedure

1. In a saucepan, boil the chicken in the water for 5 minutes. Remove the chicken and set aside.
2. In a frying pan, heat oil over medium heat and add the tomatoes.
3. Stir and cook the tomatoes until they form a thick paste.
4. Add the ginger, salt, allspice, black pepper and chicken.
5. Cook on low heat until the chicken is tender.
6. Add the green chilies and cook for 2 minutes.

Serves 4 to 6.

In rural areas, meat is saved for a special occasion. Eating pork is forbidden for Muslims, who make up about 97 percent of Pakistan's population. On Tuesdays and Wednesdays, mutton (sheep) and beef are not supposed to be sold or served in public places in Pakistan (although the reason for



Cory Langley

Fruit and vegetable vendors in Pakistan.

this is considered economic, not religious). Seafood and *machli* (fish) are commonly eaten in Karachi, located on the coast of the Arabian Sea.

There are a number of foods to cool off the spicy flavors of a Pakistani meal. *Dãi* (yogurt) can be eaten plain or used in *lassi*. *Lassi* is a drink made with yogurt, ice, and sugar for breakfast, or salt for lunch or dinner. *Raita* is a yogurt curd with cumin and vegetables. Baked yams and *sita* (boiled or roasted corn on the cob) may also accompany a spicy dish.

Raita (Yogurt and Vegetable Salad)

Ingredients

1 cup plain yogurt

3 to 4 cups mixed vegetables, such as raw spinach and cucumber, cooked potatoes or eggplant

½ cup onion, chopped

¼ teaspoon cayenne pepper

2 Tablespoons fresh mint, minced

½ teaspoon each cumin, salt, and black pepper

Procedure

1. Combine all ingredients in a large bowl.
2. Mix well.

Serves 6 to 8.

Lassi (Yogurt Drink)

This popular drink can be enjoyed sweet or salty. Pakistanis usually drink lassi sweet for breakfast, or salty for lunch or dinner.

Ingredients

3 cups plain yogurt

3 to 4 ice cubes

1 teaspoon salt or sugar

½ cup water

Procedure

1. Combine all ingredients in a blender and blend until smooth.
2. Pour into individual glasses.

Serves 3 or 4.

Pakistanis may enjoy such desserts as *kheer* (rice puding) or *kulfi* (pistachio ice cream). Some sweet shops may sell *jalebi,* which are deep-fried orange "pretzels" made with flour, yogurt, and sugar, and *barfi,* made from dried milk solids. Offering sweets to one another to celebrate happy events is a popular Pakistani tradition.

Kheer (Rice Pudding)

Ingredients

1 cup rice, uncooked

½ gallon milk

¼ cup almonds or pistachios, crushed

1½ cup sugar

¼ cup raisins

Procedure

1. Combine the rice and milk in a large saucepan and bring to a boil.
2. Reduce heat to low and add the sugar and nuts. Stir.
3. Cover and simmer for 10 minutes.
4. Sprinkle with raisins. Serve hot or cold.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The majority of Pakistanis are Muslims, about 97 percent. The other 3 percent include Hindus, Christians, Buddhists, and Baha'is. Within the Muslim community, the majority are Sunnis, and about 25 percent are Shi'ah. The difference between these two Muslim groups generally lies in a dispute of authority, not beliefs.

The two major religious festivals celebrated by the Muslim Pakistanis are Id al-Fitr (also spelled Eid al-Fitr), which celebrates the end of Ramadan, and Bakr-Id, the feast of sacrifice. Ramadan is the Muslim month of fasting from sunrise to sunset. This means that no food or drinks, including water, may be consumed during that time. Most restaurants and food shops are closed during daylight hours. Breakfast must be finished before the sun rises, and the evening meal is eaten after the sun goes down. Children under the age of 12 are encouraged, but generally not expected, to fast.

During Ramadan, Muslims rise before dawn to eat a meal called *suhur* (pronounced soo-HER). Foods containing grains



EPD Photos/Himanee Gupta

Ground turmeric, which gives dishes a deep yellow color, is made by grinding the dried turmeric root. The turmeric plant is a member of the ginger family.

and seeds, along with dates and bananas, are commonly eaten because they are considered slow to digest. This helps to ease hunger during the fast. At sunset, the day's fast is broken with *iftar*, a meal that traditionally starts with eating a date. After that, water, fruit juice, or *lassi,* and snacks such as *samosas* (meat or vegetable-filled pastries) are eaten, followed by dinner. Dinner may include tandoori chicken or lamb. If a family can afford it, dinner is shared with those less fortunate.

Id al-Fitr, or the "Feast of Fast Breaking," is celebrated after the month of Ramadan ends. Family and friends visit and eat festive meals throughout the day. Families use their best dishes, and bowls of fruit are set out on the table. Meats such as beef, lamb, and fish (in coastal areas) are eaten along with rice, *chapatis*, and desserts.

Bakr-Id is an occasion to give and sacrifice. A *bakri* (goat), sheep, camel, or any other four-legged animal is slaughtered as a sacrificial offering, and the meat is given out to the poor and needy. Muslims who can afford two meals a day are expected to sacrifice an animal.

5 MEALTIME CUSTOMS

Nihari derives its name from the Urdu word *nihar*, which means "morning." A *nihari* breakfast in Pakistan can be very filling. *Nehari* (stewed beef), and mango are common breakfast items. Sometimes a dish made of meat cooked with chilies and other spices is cooked overnight to be consumed for breakfast the next morning, when it is eaten with *naan*, a type of bread, or *parata*, which is a flat cake fried in oil. Women prepare breakfast and all other meals for their family.

Pakistani lunch and dinner dishes are similar. *Roti* (bread), *chawal* (rice), *sabzi* (vegetables), and *gosht* (meat) are the main elements of a meal. *Chapatis* or *naan* accompanies every meal. Rice is usually boiled or fried. Some rice dishes include *kabuli pulau*, made with raisins, and *biryani,* rice cooked in a yogurt and meat sauce. For the main dish, *qorma* (meat curry in gravy), *qofta* (lamb meatballs), or *nargasi qofta* (minced beef and egg) might be served. Water may be offered at the beginning or after a meal to quench thirst, but rarely while eating.

Street vendors offer a variety of drinks and snacks. *Chai*, or tea, is a very popular drink. It is usually boiled with milk, nutmeg, and sugar. *Lassi* (a yogurt drink) and sugarcane juice are popular during the sum-

mer months. Another refreshing summer drink is *nimbu paani*, or "fresh lime." It is made of crushed ice, salt, sugar, soda water, and lime juice. *Samosas* are deep-fried pastries filled with potatoes, chickpeas, or other vegetables and are a popular snack. Other snacks are *tikka* (spicy barbequed meat) and *pakoras* (deep-fried vegetables).

6 POLITICS, ECONOMICS, AND NUTRITION

The use of child labor in Pakistan is widespread. Children not only work on farms, but in low-paying carpet weaving centers. In the mid 1990s, between 500,000 to 1 million Pakistani children aged 4 to 14 worked as full-time carpet weavers. UNICEF believed that they made up almost 90 percent of the carpet makers' work force. Little has been done to enforce child labor laws. In 1999, the United Nations got involved by setting up 300 schools in eastern Pakistan to encourage education for children in schools, not trade.

Because of overpopulation only about 56 percent of Pakistanis have proper sanitation and access to safe drinking water. About 19 percent of the population of Pakistan are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 40 percent are underweight, and over 50 percent are stunted (short for their age). The Pakistani government has established several programs to improve these conditions, including the Child Survival/Primary Health Care program, to reduce malnutrition and deaths due to diseases.

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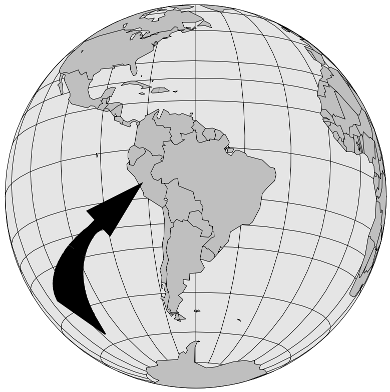
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Peru

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Peru is South America's third-largest country, with an area of 496,226 square miles (1,285,220 square kilometers), slightly smaller than the state of Alaska. Peru is divided into three contrasting topographical regions: the coast, the Andean highlands, and the Amazon rainforest to the east, with 18 rivers and 200 tributaries. The Peruvian Andes are divided into three chains. The western mountain chain runs parallel to the coast and forms the Peruvian continental divide. Less regular are the Cordillera Central and Cordillera Oriental. Lake Titicaca (Lago Titicaca), the highest navigable lake in the world (about 12,500 feet/3,800 meters high), lies partly in Peru and partly in Bolivia.

2 HISTORY AND FOOD

The first inhabitants of Peru are believed to have migrated from Asia around 6000 B.C. These early nomadic (roaming) tribesmen relied on the hunting of animals and the gathering of fruits and plants to survive. By 5000 B.C., small communities were established and the early cultivation of cotton, chili peppers, beans, squash, and maize (similar to corn) began. Most of the early settlers lived near the coast, where the wet climate allowed for planted seeds to grow.

One of the world's most popular vegetables, *papas* (potatoes), were first grown in Peru. The earliest remains of potatoes have been discovered at archeological sites in southern and eastern Peru, dating as far back as 400 B.C. However, it was not until the 1400s that Europeans first came in contact with the potato. They took the vegetable back to Europe, where it was slow to gain acceptance. Europe now cultivates the largest number of potatoes, but Peru continues to produce the largest potato varieties and has been referred to as the "Potato Capital of the World." Potatoes were not the only vegetable in ancient Peru, however. Avo-



cado pits have been discovered buried with mummies dating as far back as 750 B.C.

The Incas came to power in the 1400s. They survived mostly on maize and potatoes that they planted on terraces that they carved out of steep hillsides (which can still be seen today). Their empire was short-lived, however. In 1528, the Spanish conquistador Francisco Pizarro discovered Peru and was intrigued by the riches of the Inca Empire. The Spanish helped to introduce chicken, pork, and lamb to the Incas. In return, the Incas introduced the Spanish to a wide variety of potatoes and *aji* (chili peppers). As the Spanish gained control, they demanded that the natives grow such European crops as wheat, barley, beans, and carrots. As European disease struck the Incas and a shortage of labor arose, slaves from Africa were brought over to work on the new plantations. Africans contributed such foods as *picarones* (anise-sweetened, deep-fried pastries made from a pumpkin dough), to the Peruvian cuisine, as did Polynesians from the Pacific Islands, the Chinese, and the Japanese.

Baked Papas (Potato) Skins

Ingredients

8 baking (russet) potatoes, scrubbed and pat dry

Olive oil, to brush on potato skins

Sweet paprika, to sprinkle on potato skins

Salt (coarse preferred)

Sour cream, for topping

Procedure

1. Preheat the oven to 425°F.
2. Prick the potatoes a few times with a fork and bake them in the middle of the oven for 1 hour.
3. Let the potatoes cool, halve them lengthwise, and scoop them out, leaving a ¼-inch shell; reserve the potato pulp for another use.
4. Cut each shell lengthwise into 6 strips and arrange the strips on a baking sheet.
5. Brush the strips with the oil, sprinkle them with paprika, salt, and pepper, to taste, and bake them again at the same temperature for 20 to 25 more minutes, or until they are crisp and golden brown.
6. Serve the potato skins with the sour cream.

Serves 6.

Palta Aji Sauce (Avocado Chili Sauce)

Ingredients

3 ripe avocados, peeled, pit removed, and mashed

⅓ cup cilantro leaves, coarsely chopped

1 large tomato, finely diced

3 hard boiled eggs, grated

1 teaspoon Tabasco sauce, or to taste

½ lemon juice

Salt and freshly ground black pepper, to taste

Procedure

1. Combine ingredients in a medium-size bowl; mix well.
2. Serve with fresh vegetables.

Picarones (Pumpkin Fritters)

Ingredients

1 package dry yeast

¼ cup lukewarm water

2 Tablespoons sugar

1 egg, lightly beaten

1 can (16-ounce) pumpkin

½ teaspoon salt

4 cups flour

Oil, for frying

Maple syrup

Procedure

1. In a large bowl, sprinkle the yeast over the lukewarm water and stir to dissolve.
2. Add the sugar, egg, pumpkin, and salt; combine thoroughly.
3. Add the flour, ½ cup at a time, until the dough becomes too stiff to beat with a wooden spoon.
4. Turn the dough out onto a lightly floured board and knead in enough of the remaining flour to prevent the dough from sticking to your fingers.
5. Continue kneading until the dough is smooth and elastic (about 8 minutes).
6. Shape it into a ball and place in a greased bowl. Cover and let rise in a warm place for 1 hour, or until doubled in size.
7. Punch down the dough and tear off pieces, shaping into doughnut-like rings, about 3 inches in diameter.
8. Heat about 1-inch of oil in a deep skillet and fry the fritters for about 5 minutes, turning them once, until crisp and golden brown.
9. Drain on paper towels and serve immediately with warm maple syrup.

Makes 12 servings.

3 FOODS OF THE PERUVIANS

The Peruvian cuisine largely consists of spicy dishes that originated as a blend of Spanish and indigenous foods. Such dishes are often referred to as *Criolla*, or Creole. *Aji* (chili) is the most popular spice in Peru and is used in a variety of ways to give food extra flavor. Mint, oregano, basil, parsley, and cilantro are also included in Peruvian dishes, particularly soups and stews. Aside from spices, however, potatoes, rice, beans, fish, and various grains are essential staples (foods eaten nearly everyday) in the Peruvian diet.

Peru's unique variety of climates and landscapes has helped to make the Peruvian menus some of the most diverse in South America. Such geographical variety gives Peru distinct culinary regions that are



Cory Langley

The diet of people living in the highlands includes corn, potatoes, and rice. These women offer sacks of dried corn and other grains to shoppers at a market near Lake Titicaca.

divided into coastal, mountainous/highland, and tropical. In addition, the impact of various ethnic influences can be seen through indigenous (native), Spanish, Asian, and African cooking styles and dishes.

The Pacific Ocean provides Peru with a wide variety of seafood, particularly for those who live near the coast. *Ceviche*—fish, shrimp, scallops, or squid marinated in a lime and pepper mixture—might be considered one of the country's national dishes, due to its overwhelming popularity. It is often served with corn-on-the-cob, *cancha* (toasted corn), or sweet potatoes. Salads in this region are also common, particularly *huevos a la rusa* (egg salad) and *palta rellena* (stuffed avocado).

The mountainous/highland diet closely resembles food the Incas prepared hundreds of years ago. Basic staples of potatoes, corn, rice, and various meats (especially beef and pork) are common ingredients in the highland cuisine. *Choclo con queso* (corn on the cob with cheese) and *tamales* (meat-filled corn dumplings) are popular corn dishes. *Lechón* (suckling pig), *cuy* (guinea pig), *chicharrones* (deep-fried pork and chicken),

and *pachamanca* (meat cooked over a hot stone pit) are common meat dishes in this area. Soups containing an abundance of spices, onions, and eggs, as well as freshly caught fish from Lake Titicaca (particularly trout), help satisfy the highlanders' appetites.

Meats and fresh fruits and vegetables are the basis of the tropical Peruvian diet. Bananas, plantains (similar to the banana), and yucca (similar to a yam) are readily available, and therefore are eaten in great quantities. Inhabitants of the tropical region also enjoy a variety of fish, wild game (such as boars, monkeys, pigs, deer, and chickens), and plenty of rice.

Choclo con Queso (Corn on the Cob with Cheese)

Ingredients

Corn on the cob (one with the largest kernels you can find)

Monterey jack cheese, cut into small cubes

Box of toothpicks

Procedure

1. Boil corn on the cob in salted water in a large pot, about 15 minutes.
2. Let cool and remove kernels from cob by standing the cob on an end and slicing downward with a knife.
3. Place a few kernels of corn with one cube of cheese on each toothpick (or as fits). Serve cold.

Makes about 3 dozen.

Street vendors throughout the country often sell some of Peru's most beloved food and drinks. Coconut-, chocolate-, and lemon-flavored *tortas* (cakes) are sweet and loved by Peruvians of all ages. *Helado* (ice cream) is a favorite among children. Snacks such as fried plantain and *chifles* (banana chips) are widely available, as is Inka Cola, a Peruvian bubble-gum-flavored soft drink. What is not available from vendors will likely be sold at a local meat or produce market or a local *panaderías* (bakery).

Frozen Orange Delight

Ingredients

2 cups water

1 cup sugar

2 cups orange juice

¼ cup lemon juice

Rind of 1 orange, grated

Procedure

1. In a saucepan, bring water to a boil. Stir in the sugar until it has completely dissolved.
2. Allow the sweetened water to cool for about 20 minutes.
3. Mix in the orange juice, lemon juice, and orange rind.
4. Pour this mixture into 2 ice cube trays with the dividers removed, or use a freezer-proof bowl, pie plate, or cake pan.
5. Freeze until solid, and serve like ice cream or sherbet.

Makes about 2 pints.



Cory Langley

Flan, a sweet dessert garnished here with a slice of star fruit, is a favorite in restaurants throughout Peru.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

As a result of Peru's heavy Spanish influence, most Peruvians (90 percent) are devout Catholics. Christian holidays such as Easter, Christmas, and All Saints' Day are joyously celebrated throughout the country, often with fireworks, bullfights, dancing, and roast pig. The remainder of the population adheres to indigenous beliefs, believing in the gods and spirits the Incas once did hundreds of years ago. Many Christian holidays coincide with existing traditional festivals, allowing most Peruvians, regardless of differences in beliefs, to celebrate together.

Christmas brings great joy to the Christians of Peru, especially children who await the arrival of Santa Claus. Families use the holiday time to travel to the homes of family and close friends. Because of the number of people rushing about through Peru's streets, vendors rush to sell holiday foods and other goods to passing people. Sweet mango juice, bakery rolls, and homemade

doughnuts coated with sugar and syrup are Christmas favorites. Flan, caramel custard enjoyed throughout Central and South American countries (as well as Spain, the Philippines, and the United States), is also a dessert enjoyed by Peruvians.

Flan

Ingredients

¼ cup sugar, plus ¾ cup sugar

4 drops lemon juice

2 cups milk

1 teaspoon vanilla

4 eggs

Procedure

1. Preheat oven to 350°F.
2. In a small saucepan, heat ¼ cup sugar and drops of lemon juice over low heat until mixture is dark brown, like caramel syrup. (Don't worry if syrup burns a little.)
3. Pour into a flan mold (oven-proof straight-sided souffle dish or individual molds work nicely), covering all sides and bottom with the sugar syrup.
4. Place in the refrigerator while preparing flan.
5. Bring milk and vanilla to a boil in a small pot over low heat.
6. In a separate mixing bowl, combine the eggs and ¾ cup sugar, beating well.
7. Slowly add the egg and sugar mixture to the boiled milk.
8. Pour into refrigerated mold. Place flan mold into a larger baking dish. Add water to a depth of about one inch, and carefully place in the oven.
9. Bake 35 to 40 minutes. Flan is done when knife inserted in the center comes out clean.
10. Cool and remove from mold. Serve chilled.

Serves 4 to 6.

Carnavales (kar-nah-VAH-lays; Carnival) is an elaborately celebrated national holiday that takes place a few days before Lent. It is the last opportunity for people to drink and dance before the fasting period of Lent begins, when such activities are not allowed. During these few days, some practice native traditions of rounding up wild game to present to a priest or mayor, who in return provides *chichi* and cocoa leaves. The offering of the animals dates back several hundred years to the Incas, who used to give offerings of food to the gods in hope for a good harvest. *Papas a la huancaína* (potatoes with cheese) is a popular meal during Carnival.

Papas a la Huancaína (Potatoes with Cheese)

Ingredients

¼ cup lemon juice

⅛ teaspoon ground red pepper, or to taste

Salt, to taste

1 onion, thinly sliced

2 Tablespoons vegetable oil

3 cups Monterey Jack or Swiss cheese, shredded

½ teaspoon turmeric

1½ cups heavy cream

6 potatoes, drained, peeled, and quartered

1 to 2 hard-boiled eggs, for garnish

Procedure

1. Scrub the potatoes, place them in a saucepan, cover with water, and boil until tender (about 20 minutes). Drain, allow the potatoes to cool. Peel them, cut them into quarters, and set aside.
2. In a small mixing bowl, combine the lemon juice, red pepper, and salt. Add onion slices and coat them with the mixture. Stir well and set aside.
3. Heat oil in a large skillet over low heat.
4. Add cheese, turmeric, and heavy cream. Stirring constantly, continue cooking over low heat until cheese melts and mixture is smooth.
5. Add the cooked potatoes and gently stir to heat through, about 5 minutes. Do not allow mixture to boil, or it will curdle.
6. Transfer to a serving bowl and garnish with hard-boiled eggs.
7. Sprinkle onion mixture over the potatoes. Serve immediately while potatoes are hot.

Serves 6.

5 MEALTIME CUSTOMS

Peruvians are extremely hospitable and enjoy preparing and eating meals with company. Guests often consider being invited for dinner as a semiformal occasion. Nice clothes are worn and a small gift of flowers, chocolates, or wine is offered to the host on such occasions.

Most of the time, however, Peruvians simply prepare meals for themselves. Meals consumed by a typical village family often depend on the altitude of their village and what crops can thrive there. People living in mountainous areas can grow potatoes and select grains, as well as raise llamas, sheep, goats, and cattle. At lower altitudes, fruits and vegetables such as lemons, limes, *palta* (avocados), and *aji* (chilies) can be cultivated.

Villagers are often responsible for their own land and must spend much of the day tending to it. As a result, a villager's day begins early, usually around dawn. The woman of the house will begin her day preparing an herbal tea called *mate* (MAH-tay) and various foods for her family. A light *desayuno* (breakfast) may include triangular-shaped rolls, roasted wheat kernels, *mote* (boiled dried corn), bread, and *te* (tea) or *cafe* (coffee). The main meal of the day is *almuerzo* (lunch), which the woman of the house typically begins preparing while her family eats *desayuno* in the early morning. *Almuerzo* is important so workers will not be hungry in the fields. It may consist of a thick broth of potatoes, corn, and barley, *palta aji* sauce (avocado chili sauce) with vegetables, and cool beverages. Adults may enjoy *chicha*, a beer made of fermented maize, while children might prefer *jugos* (fruit juice), *gaseosa* (soft drink), or hot cocoa.

Cena (dinner) is often the most filling, despite *almuerzo* typically being the main meal of the day. Potatoes will almost always make up one of the two to three dishes served for *cena*. *Mote* (boiled dried corn) with meat or the popular *ceviche* (marinated seafood) may complete lunch or dinner. Children may drink *chicha morada* (a soft drink made from maize) as a refreshing accompaniment to most meals.

Peruvians enjoy sweets, whether it is an extra-sweet soft drink or honey-filled dessert. *Churro*, a deep-fried, honey-filled pastry, *revolución caliente* (crunchy, spicy cookies), and *arroz con leche* (rice and

milk) are sold by street vendors throughout the country. Shish kebabs, seafood, fruit juice, *empanadas* (meat- or cheese-filled pies), and other popular Peruvian fare are also sold by vendors.

Many Peruvian children do not eat at midday during school hours. However, a combination of *mote*, noodles, beans, and potatoes is commonly eaten among school children.

Ceviche (Marinated Seafood)

Ingredients

2 pounds white fish fillet (preferably sea bass), cut into small pieces

¼ cup fresh lime juice (or more, if needed)

2 onions, thinly sliced

1 Tablespoon olive oil

1 Tablespoon fresh cilantro

1 clove garlic, crushed

1 to 2 chilies, finely chopped

Black pepper

1 teaspoon salt

Procedure

1. Mix the lime juice with the onion slices, oil, cilantro, garlic, chilies, pepper, and salt in a mixing bowl.
2. Place the fish in a shallow glass or ceramic dish just large enough to hold it in a single layer. Pour the lime-juice mixture over it. The fish must be completely covered with the mixture. Add more lime juice if necessary.
3. Cover tightly with plastic wrap and refrigerate for several hours (or overnight) until the fish is "soft cooked." (Make certain it has marinated long enough.) Serve on lettuce leaves garnished with onion rings, thin strips of pepper, and sweet potatoes and/or corn on the cob.

Serves 4 to 6.

Arroz con Leche (Rice and Milk)

Ingredients

½ cup white rice, uncooked

Cinnamon powder (plus cinnamon sticks, optional)

3 cloves

1 can evaporated milk

½ cup sugar

1 teaspoon butter

½ cup raisins

Procedure

1. Boil the rice in 2 cups of water with the sugar, sticks of cinnamon (if available), and cloves, and cook according to package directions.
2. After the rice has finished cooking, add the milk, butter, and raisins. Let cool, and then refrigerate, covered, until ready to serve.
3. Sprinkle cinnamon powder on top and serve in dessert bowls.

Makes 4.

6 POLITICS, ECONOMICS, AND NUTRITION

About 19 percent of the population of Peru are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 8 percent are underweight, and over one-quarter are stunted (short for their age).

In a 1992–1993 census, it was found that nearly 22 percent of children aged 4-years-old and younger suffered from a serious Vitamin A deficiency. A lack of this vitamin can lead to blindness. In addition, iodine deficiencies have caused nearly one-third of school age children to develop goiter, an inflammation of the thyroid gland (usually in the neck). Protein deficiencies are declining, thanks to the introduction of high-protein maize, according to the United States Mission to the European Union. High levels of protein can prevent malnourishment in children growing up in developing nations, such as Peru. Organizations such as PROKID (also known as Help for Poor Peruvian Children) are helping to make a difference. Established in October 2000, one of the goals of the organization is to educate mothers about the nutritional needs of their children.

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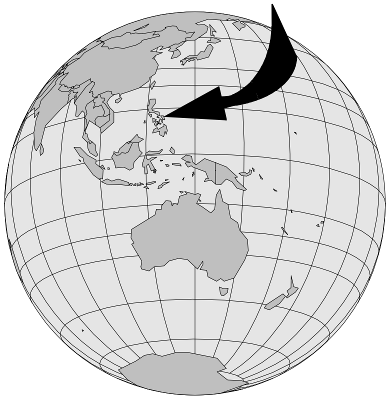
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Philippines

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

The Republic of the Philippines consists of a group of 7,107 islands situated southeast of mainland Asia and separated from it by the South China Sea. The two largest islands are Luzon (40,814 square miles/ 105,708 square kilometers), and Mindanao (36,906 square miles/95,586 square kilometers). Comparatively, the area occupied by the Philippines is slightly larger than the state of Arizona. The land is varied, with volcanic mountain masses forming the cores of most of the larger islands. A number of volcanoes are active, and the islands have been subject to destructive earthquakes. Lowlands are generally narrow coastal strips except for larger plains in Luzon and Mindanao. Forests cover almost one-half of the land area and are typically tropical, with vines and other climbing plants.

Pollution from industrial sources and mining operations is a significant environmental problem in the Philippines. Almost forty of the country's rivers contain high levels of toxic contaminants. About 23 percent of the nation's rural dwellers do not have pure water, while 93 percent of the city dwellers do not have pure water. Also threatened are the coastal mangrove swamps, which serve as important fish breeding grounds, and offshore corals, about 50 percent of which are rated dead or dying as a result of pollution and dynamiting by fishermen. The nation is also vulnerable to typhoons, earthquakes, floods, and volcanoes.

2 HISTORY AND FOOD

The Philippines' location between the South China Sea and the Pacific Ocean has made the islands a crossing point for migrating



people all over the world. As a result, the Philippines is made up of a range of different people and ethnic groups. While there are many different dialects and languages, Tagalog is the national language. The people of the Philippines are called Filipino. Filipino cuisine reflects the blending of these wide and varied cultures.

Malays, from Malaysia, were among the first inhabitants of the Philippines over 20,000 years ago. They brought with them the knowledge of preparing hot chilies and the use of *ginataan*, or coconut milk, in sauces to balance the spiciness.

The Chinese established colonies in the Philippines between 1200 and 1300. They introduced *pansit*, or Chinese noodle dishes, and bean curds. Later came egg rolls, and soy sauce. Like the Chinese, the Filipinos consume a wide array of dipping sauces to accompany their dishes.

Spain occupied the Philippines for almost 400 years, beginning in 1521. This colonization had a major impact on Filipino cuisine. A majority of the dishes prepared in modern Philippines can be traced back to Spain. In fact, everyday Filipino dishes resemble Spanish cooking more than native meals. The Spaniards introduced a Mediterranean style of eating and preparing food. Techniques such as braising and sautéing, and meals cooked in olive oil, are examples. Spain also introduced cooking with seasonings, such as garlic, onions, tomatoes, sweet peppers, and vinegar.

The United States took control of the Philippines after the Spanish-American War in 1898, staying through World War II (1939–1945) until 1946. The U. S. military introduced goods shipped in from their country such as mayonnaise, hot dogs, hamburgers, and apple pies. Canned evaporated and condensed milk often replace the traditional buffalo milk used in desserts, such as *flan* (caramel custard). Nowhere else in Asian cuisine can cheese and canned tomato sauce be found in recipes. All of these foods are still favorites of the Filipinos and can be found almost anywhere in the country.

Leche Flan (Caramel Custard)

Caramel ingredients

1 cup sugar

1 cup water



EPD Photos

Cover the pan filled with the flan custard with foil. Place the foil-covered pan into a larger pan with about one inch of water in it. This is a "water bath." The water keeps the custard pan from getting too hot and overcooking the custard.

Caramel procedure

1. Pour the water in a saucepan and bring to a boil.
2. Add the sugar and stir constantly over medium heat until sugar is melted and it forms the consistency of syrup.
3. Pour the syrup evenly into any ovenware dish that is about 2 inches deep, such as a square brownie pan. Tilt the dish so the syrup coats all of the sides. Refrigerate while preparing the custard.

Custard ingredients

12 eggs

2 (13-ounce) cans evaporated milk

1 (14-ounce) can sweetened condensed milk

1 teaspoon vanilla

Procedure

1. Separate the egg yolks from the egg whites one at a time. Place the egg yolks in a large mixing bowl. (Discard the egg whites or reserve them for another use.)
2. Add the rest of the custard ingredients to the mixing bowl.
3. Stir lightly when mixing to prevent bubbles or foam from forming. Remove the caramel-lined dish from the refrigerator and pour the custard mixture slowly into it.
4. Preheat oven to 325ºF.
5. Cover the custard dish with aluminum foil. Set it into a large shallow pan (such as a cake pan). Pour water into the larger pan until it is about one-inch deep. This is called a water bath.

6. Bake in oven for 1 hour, or until the custard is firm. Cool to eating temperature. May be served warm or chilled.

Serves 8 to 10.

3 FOODS OF THE FILIPINOS

Like other Southeast Asian cuisines, the Filipinos eat a lot of vegetables and rice. Similarly, they also eat many types of seafood, saving meat for more special occasions (often in the form of *lechon*, or whole roasted pig). The waters surrounding the Philippines islands provide over 2,000 species of fish. In addition, Filipinos have been farming fish in *palaisdaan*, or fishponds, using aquaculture (raising fish and shellfish in controlled conditions) for over 1,000 years. *Patis,* a clear, amber-colored fish sauce, is used in Filipino dishes as much as soy sauce is used in China.

For over 2,000 years, rice has been grown in the Philippines and is eaten almost daily. As of the twenty-first century, over twenty varieties of rice are cultivated, which are made into thousands of different cakes, noodles, and pancakes. Rice noodles are common in fast-food restaurants and stands, served heaping with a choice of different meats and vegetables. Noodles symbolize prosperity, long life, and good luck. Filipinos believe the longer the noodles, the better, so noodles are generally not broken or cut when a dish is being prepared.

Since the weather in the Philippines is tropical, many types of fruit are grown. Pineapples, strawberries, cantaloupe, melon, kiwi, bananas, guapple (a cross between a guava and an apple) and coconut are just a few examples. Coconuts are plentiful and are used in and on everything. The coconut meat inside can be eaten, and the *ginataang* (milk from the meat) can be used in refreshing drinks or for sauces to cook fruits and vegetables in, such as *adobong hipon sa gata* (shrimp adobo in coconut milk). It can also be grated or baked into desserts and sweets, such as *maja blanca* (coconut cake).

Coconut Buying and Opening

To select a fresh coconut, shake it to feel the sloshing of liquid inside. A cracked or old coconut will be empty and dry.

Opening the coconut: Locate the brown eye-like spots at one end and pierce with a sharp point. Drain off the liquid. Preheat oven to 400ºF. Place the coconut in the oven on a cookie sheet and bake for 15 minutes. Remove the coconut and wrap in a clean kitchen towel. Carefully crack it open with a hammer. The coconut meat should be broken away carefully from the shell. If a portion is not broken easily away from the shell, return the coconut to the oven for a few minutes more.

Making Shredded Coconut

Once all of the meat is out of the shell, you can grate the meat with a small hand grater, shred the meat in a food processor, or with a sharp knife. One coconut makes about 4 cups of shredded coconut.

Coconut Milk

Homemade coconut milk tastes its best when freshly made; even if it is refrigerated, it quickly loses its flavor.

Ingredients

2 cups coconut meat, finely shredded (see instructions above; canned or frozen unsweetened, shredded coconut is available at most supermarkets.)

8-inch square of cheesecloth (can be found in most supermarkets), surgical gauze, or 8-inch square of clean nylon stocking

Procedure

1. Fill a large saucepan halfway full of water and bring to a boil. Set aside 2 cups.
2. If using a blender or food processor, add shredded coconut and boiling water and blend for 1 minute. Let cool for 5 minutes.
3. If not using a blender or food processor, put shredded coconut in a mixing bowl and add the boiling water. Let set for 30 minutes.
4. Strain coconut liquid (prepared by either method) through cheesecloth, gauze, or nylon into a medium-size bowl.
5. Squeeze and twist cloth to remove all milk from the coconut meat.
6. Repeat the process if more coconut milk is needed.

Maja Blanco (Coconut Cake)

Ingredients

2 cups coconut, finely shredded (see how to use fresh coconut above) fresh, frozen, or canned, tightly packed into the measuring cup

3 Tablespoons sugar

4 Tablespoons butter or margarine, melted

½ cup cornstarch

½ cup light brown sugar, tightly packed

¼ cup water

2 cups coconut milk, fresh, frozen, or canned (unsweetened)

3 eggs



EPD Photos

After baking in the oven, the hard coconut shell can be cracked open to reveal the white coconut flesh. The flesh should break away from the hard shell.



Cory Langley

A vegetable vendor slices produce to prepare it for sale.

Whipped topping for garnish

Procedure

1. Separate the egg yolks from the egg whites one at a time.
2. Preheat oven to 325ºF.
3. If using freshly grated unsweetened coconut, add about 3 Tablespoons of sugar to taste into a small bowl. No sugar is needed if packaged or canned sweetened coconut is used.
4. Combine coconut and melted butter or margarine in medium mixing bowl.
5. Using fingers, press mixture onto the bottom and sides of a pie pan, making a piecrust.
6. Bake for about 5 minutes, or until lightly golden. Remove from oven and cool to room temperature.
7. Put cornstarch and sugar in medium saucepan. Add water and mix well to dissolve cornstarch.
8. Add coconut milk and egg yolks. Stir constantly over medium to high heat until mixture boils.
9. Reduce heat to low and stir constantly until smooth and thick, about 5 minutes.
10. Remove from heat and pour mixture into coconut piecrust.
11. Cool to room temperature and refrigerate for about 3 hours to set.
12. To serve, cut into wedges and add a scoop of whipped topping on top.

Serves 8.

While Filipinos use limited spices in their cuisine compared to other Asian nations, they love the taste of sour flavors, particularly vinegar. Meats and fish are commonly marinated in palm vinegar, which is half as strong as Western-style vinegar. Vinegar acts to preserve freshness. Since refrigeration is not nationally available, this marinating method, along with drying, salting, and fermenting are techniques used to preserve meats. Instead of adding strong flavors to their cooking, Filipinos use strong-tasting condiments to accompany their food.

The national dish of the Philippines is called *adobo*. Not only is this a national dish for the Filipinos, but it is also a style of cooking. This Spanish-influenced dish is like a stew, and involves marinating meat or seafood pieces in vinegar and spices, then

browning them in their own juices. The sauce in *adobo* usually contains soy sauce, white vinegar, garlic, and peppercorns (or pepper) and is boiled with the meat. The vinegar preserves the meat, and *adobo* will keep for four or five days without refrigeration. This is considered an advantage in the tropical heat. Pork *adobo* is the most popular, for those who can afford it, but any type of meat or seafood can be used.

Adobong Hiponsa Gata (Shrimp Adobo in Coconut Milk)

Ingredients

½ cup white vinegar

¼ cup water

⅛ teaspoon pepper

1 Tablespoon garlic, minced

Patis (fish sauce, found in an Asian grocery store); soy sauce may be substituted

1 pound fresh shrimps, unshelled (frozen unshelled shrimp may be substituted)

2 cans (12-ounce each) coconut milk

Procedure

1. Make marinade: Place the vinegar, water, pepper, garlic and *patis* (or soy sauce) in a medium-size pot.
2. Add the shrimp to the marinade and let stand for 1 hour.
3. Put the pot over medium heat, and cook the shrimp, turning the shrimp often, until they have absorbed the marinade and the pot is almost dry.
4. Pour in the coconut milk and continue simmering, allowing the mixture to thicken, stirring occasionally (about 20 minutes). Serve.

Serves 6.



EPD Photos

Patis, or fish sauce, used by cooks all over Asia, is available at some grocery stores elsewhere in the world. This brand, while not made in the Philippines, is popular there. Soy sauce, or salt alone, may be substituted for patis.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Christian holidays are the most widely celebrated holidays in the Philippines. This is because Spain introduced the Catholic religion centuries ago when it occupied the Philippines. In the twenty-first century,

about 90 percent of Filipinos are Roman Catholic Christians. The Philippines is the only Asian country that is primarily Christian. Filipinos claim to have one of the world's longest Christmas celebrations. Their celebration begins December 16 and lasts for three weeks. On *Pasko Ng Bata,* Christmas Day, families may gather to eat *lumpia* (spring rolls), and drink *tsokolate* (a native chocolate drink) and *salabat* (ginger tea).

Tsokolate (Hot Chocolate)

Ingredients

1 pound chocolate (or 2 cups chocolate chips)

6 cups milk

6 eggs, separated

Procedure

1. Separate the egg yolks from the egg whites one at a time and put the yolks in a medium mixing bowl. (Discard the egg whites or reserve them for another use.) Beat the yolks with a whisk.
2. Cut chocolate bar into small pieces.
3. Pour milk into saucepan and add chocolate. Heat to boiling, stirring constantly, until chocolate is melted.
4. Add the egg yolks to the saucepan. With a whisk, beat the whole mixture until foamy, about 5 minutes. Serve immediately.

Makes 6 servings.

Filipino families meet to share a Christmas meal, but they save their Christmas feast for Epiphany. The holiday season ends with the Feast of the Epiphany, which is on the first Sunday in January. This is when families gather to eat pork *lechon,* which is a whole pig roasted outside over a spitfire of burning coals. Served with the pork are a garlic rice called *sinangag* and other rice dishes, such as *bibingka* (rice cake with salted eggs and fresh coconut meat) and *suman* (steamed rice wrapped in banana leaves). Vegetable dishes and assorted fruits, such as pineapples, bananas, persimmons (very tart fruit that looks similar to a tomato), and papayas, are eaten as well. Desserts, cookies, and cakes top off the huge feast, which can go on for several hours and then is followed by a long afternoon nap.

Sinangag (Garlic Rice)

Ingredients

2 Tablespoons vegetable oil

3 cloves garlic, finely chopped (or 1 teaspoon garlic powder)

4 cups rice, cooked

6 green onions, finely sliced

Salt and pepper, to taste

Procedure

1. Heat the oil in a large skillet over medium heat. Add garlic and fry for about 3 minutes.
2. Add cooked rice, green onions, and a pinch of salt and pepper to taste.
3. Heat through, about 5 minutes. Serve.

Makes 8 servings.

5 MEALTIME CUSTOMS

Filipino dishes are based more on distinctive tastes and textures than different courses. Instead of serving courses separately, they are all brought to the table at one time so the diners can enjoy all flavors and dishes together. Dining at a Filipino table is similar to eating at a buffet. Even the dessert is part of the buffet-style meal. The dessert provides a sweet balance to the salty and sour tastes that are part of a meal.

Unlike in much of the Western world, burping is not considered rude in the Philippines where it means you are full and enjoyed the meal. Sometimes a burp is followed with the expression, *Ay, salamat,* which means, "Ahh, thank you."

Anyone who visits a Filipino home, no matter what time of day, is offered food. If the guest interrupts a meal, which is common because most Filipinos eat five or more meals a day, they are invited to join the diners. Eating is so constant, in fact, that many Filipinos use *"Kumain ka na?"* ("Have you eaten yet?") as a general greeting to each other.

Before outside influences, Filipinos used their hands to eat. The traditional way of eating was to scoop up food from flat dishes with fingers of the right hand. Some upscale native restaurants in Manila, the country's capital, serve food this way. With Western influences and the introduction of knives, forks and spoons, Filipinos have adapted their ways. The fork and spoon are the two main utensils of choice. The fork is held with the left hand and the spoon in the right. The fork is used to spear and hold the piece of food while the spoon is used to cut or tear off small pieces.

Almusal (breakfast) is the first meal of the day, and usually consists of leftovers from the previous evening's dinner, like garlic fried rice and cured meat. Ginger tea is usually drunk. *Ensaimada* (fluffy, sugared, coiled buns), smoked fish, salted duck eggs, fried eggs, Chinese ham, Spanish sausages, and fresh mangos are just some of the foods that might be eaten.

For lunch, *mongo* (a stew of *munggo*—mung beans—and shrimp with olive oil and lime juice), *caldereta* (goat and potato stew), and *ensaladang balasens,* an eggplant salad, may be eaten. All of these dishes are typically accompanied by white rice. Most school students carry lunchboxes to school. In it, they would have a thermos with a sugary fruit drink, a large container of plain white rice, a small container with fried fish or chicken, and a small container of tomato sauce on the side. They would typically not take any fruit or vegetables. A student's lunch box also might contain a peanut butter sandwich for an afternoon snack.

For dinner, Filipinos will often go to a simple *turo-turo* restaurant. This literally means "point point," which is how they select their food. They may choose *menudo* (hearty pork and chickpea stew), or *pansit* (noodle) dishes, such as *pansit mami* (noodles in broth). If they decide to go a fancier restaurant, they might enjoy *patang bawang*, which are deep-fried pork knuckles with garlic and chilies, and maybe a wedge of American-style lemon meringue pie for dessert.

Pansit Mami (Noodles in Broth)

Ingredients

¼ pound pork (not ground)

¼ pound boneless skinless chicken breast

3 cups water

1 teaspoon salt

2 Tablespoons vegetable oil

1 Tablespoon garlic, finely chopped

1 medium onion, finely chopped

Salt and pepper, to taste

1 pound rice noodles (found in an Asian market), or substitute flat, wide, egg noodles

2 Tablespoons green onions, finely chopped

Procedure

1. In a medium pot, boil pork and chicken in water until tender. Season with a pinch of salt.
2. Remove the meat from the water and allow to cool.
3. Reserve 2 cups of the cooking stock (water used to cook the meat).
4. Cut the pork and chicken into strips. Set aside.
5. In a large skillet, heat the oil on medium heat and sauté the garlic and onion for about 3 minutes.
6. Add the pork and chicken. Add the stock.
7. Bring the mixture to a boil, add the rice noodles or egg noodles, and simmer for 2 minutes until the noodles are tender. Season with a pinch of salt and pepper.
8. Serve immediately.

Serves 8 to 10.

Dessert is the highlight of a meal for many Filipinos. They consider stir-frying very easy compared to perfecting a dessert. In fact, a cook's reputation may be based on the skills needed to make dessert dishes. Popular desserts are candies, like *polvoron*, and cakes such as *bibingka*, made from rice flour and sprinkled with cheese and shredded coconut, which are eaten as snacks during the day.

Polvoron (Powdered Milk Candy)

Ingredients

3 cups flour, sifted

1 cup powdered milk

¾ cup confectioners sugar

½ pound (2 sticks) butter, melted

1 teaspoon lemon or vanilla extract

¼ cup water, measured 1 Tablespoon at a time

Procedure

1. Place sifted flour in a saucepan and toast over medium heat until light brown, stirring constantly. Remove from heat and cool.
2. Add powdered milk, sugar, melted butter, and lemon or vanilla extract.
3. Add water, 1 Tablespoon at a time, until the mixture holds together and can be molded into balls.
4. With your hands, flatten into little cakes the size of a silver dollar.
5. Wrap individually in wax paper.

Makes about 60 candies.





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The first step in making Polvoron (Powdered Milk Candy) is toasting the flour. After the other ingredients are added, the mixture is shaped into coin-shaped candies. The candies are then wrapped in wax paper for easy storage or sharing with a friend.

Merienda means snacktime in the Philippines. *Merienda* is a meal in itself for those who can afford it. *Merienda* is important to the Filipinos because they find the gap between lunch and dinner too long, and they need to take many breaks from the intense tropical heat. *Lumpia* (spring rolls), *puto* (little cupcakes made from ground rice), and *panyo-panyo* (tiny pastry envelopes filled with mango and banana jam) are a few *merienda* dishes. Anything can be served with the snack except steamed rice. Steamed rice constitutes a complete meal, which *merienda* is not considered.

6 POLITICS, ECONOMICS, AND NUTRITION

About 22 percent of the population of the Philippines are classified as undernourished by the World Bank. This means they do not receive adequate nutrition in their diet. Of children under the age of five, about 30 per-

cent are underweight, and nearly one-third are stunted (short for their age). Government-financed child health malnutrition programs are already well established in the Philippines; however, these programs lack significant funding and malnutrition continues to be a primary concern. Indigenous (native) foods such as mung beans and powdered shrimp are available for infants and children, but protein, iron, iodine, and Vitamin A remain deficient in their diets.

An increase in community involvement since the 1980s has helped to keep the population aware of the problems with malnourished children. Such awareness has led to a gradual improvement in health care for all Filipinos. As of 1996, a vast majority (91 percent) of those living in urban areas also had access to clean and safe water, as did 81 percent of those living in rural areas.

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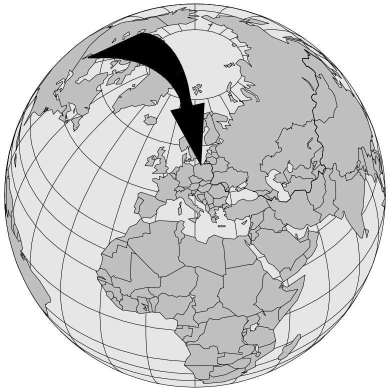
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Poland

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Poland is in Eastern Europe. It is a little smaller than New Mexico, and has lowlands, a narrow coastal area with rocky cliffs, and a southern region rich with minerals and fertile farmland.

Poland struggles with air and water pollution. In the late 1990s, Poland ranked twelfth in the world in industrial carbon dioxide emissions. Water pollution in the Baltic Sea off the coast of Poland is ten times higher than in the ocean at large. Environmental protection was a high priority for the government at the beginning of the twenty-first century.

2 HISTORY AND FOOD

The Roman Catholic rituals of feasting and fasting, introduced to Poland around A.D. 900, have had a strong influence on Polish food traditions. During the fasts no meat is eaten, so many meatless and fish dishes have become a part of Polish cookery.

Located between two powerful neighbors, Germany and Russia, Poland was forced to form many political alliances throughout its history. These influenced its food customs. For example, the marriage of King Zygmunt to the Italian princess Bona Sforza in the sixteenth century brought Italian food customs to Poland, including the introduction of salad. Since that time, the people of Poland, known as Poles, have called salad greens *wloszcycna* ("Italian things"). Other foreign dishes that were brought to Poland included goulash (stew) from Hungary, pastry from France, and *borscht* (beet soup) from Ukraine. However, all these foreign dishes have become part of a unique Polish cooking style.

3 FOODS OF THE POLES

The cereal grains, grown on Poland's rich agricultural land, are among the country's most important dietary staples. These include wheat, rye, buckwheat, and barley.



They find their way into dark bread, noodles, dumplings, and other everyday foods.

Other important agricultural products include potatoes, beets, cabbage, carrots, mushrooms, and cucumbers. Boiled potatoes are the most commonly eaten side dish with meat, poultry, or fish. Cucumbers, seasoned with the herb, dill, are the raw ingredients of dill pickles, for which the Poles are known throughout the world. Cucumbers are also eaten in a salad with sour cream, another staple of the Polish diet. Vegetables are usually eaten boiled.

Meat is an important part of the Polish diet. Pork is the most popular meat, and the most commonly eaten meat dish is a fried, breaded pork cutlet served with thick sauce. Beef, ham, and sausage are also eaten regularly. The meat stew called *bigos* is often called the national dish of Poland. Other famous Polish dishes are *golabki* (cabbage leaves stuffed with ground meat and rice) and *golonka* (fresh ham served with horseradish). Poles also like to eat smoked and pickled fish, especially herring.

Most Polish meals start with one of Poland's many soups. These range from clear broth to thick soup so hearty it could be a meal in itself. The best known is the beet soup called *borscht.*

Poles love desserts, especially cakes. Popular cakes include cheesecake, sponge cake, poppy seed cake, and a pound cake called *babka.* Special cakes are baked for feast days and weddings.

Popular beverages include coffee, tea, milk, buttermilk, and fruit syrup and water. However, vodka distilled from rye is known as the national drink.

Bigos (Polish Hunter's Stew)

Ingredients

8 slices of bacon, finely chopped

1 pound boneless, lean pork shoulder, cut into 1-inch chunks

3 cloves garlic, finely chopped, or 1 teaspoon garlic powder

3 onions, quartered

½ pound fresh mushrooms, sliced

1 cup canned beef broth

2 Tablespoons sugar

2 bay leaves

2 cups canned sauerkraut, rinsed under water and drained well

2 medium apples, cored and sliced

2 cups Italian-style whole tomatoes with juice

1 cup cooked ham, diced

1½ cups cooked Polish sausage, coarsely sliced

Procedure

1. Fry bacon pieces in Dutch oven or large saucepan over high heat for about 3 minutes.
2. Carefully drain off some of the fat, leaving just enough to coat the bottom of the pot.
3. Add pork, garlic, onions, and mushrooms, and, stirring constantly, fry until meat is browned on all sides, about 5 minutes.
4. Reduce heat to medium. Add beef broth, sugar, bay leaves, drained sauerkraut, apples, and tomatoes with juice. Bring the mixutre to a boil, increasing heat if necessary.
5. Reduce heat, cover, and simmer stew for about 1½ hours, stirring occasionally to prevent sticking.
6. Add cooked ham and sausage, and stir.
7. Cover and continue to simmer over low heat for about 30 minutes more to blend flavors.
8. Remove bay leaves and discard before serving.

Serves 8 to 10.

Pierogi (Dumplings)

Ingredients for dough

3 cups flour

1 egg

Dash of salt

½ cup water



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A plateful of cheese pierogi, topped with a dollop of sour cream, makes a filling lunch or dinner.

Ingredients for filling

3 medium apples, peeled, cored, and cut up in small pieces

2 Tablespoons plain breadcrumbs

Sour cream or confectioners sugar as garnish

Procedure

1. Make dough: Combine the flour with the egg, a dash of salt, and as much water as needed to form a smooth, loose dough that is easy to handle.
2. Roll with a rolling pin or bottle until it is very thin. Using a drinking glass or biscuit cutter, cut out circles 2 inches in diameter.

3. Make filling: Mix the cut-up apples with the breadcrumbs.
4. Assemble pierogi: Place a spoonful of apple mixture in the center of each dough circle.
5. Fold the dough circle in half and press around the edges firmly to seal.
6. Fill a large pot with water and heat until the water begins to boil.
7. Drop the pierogi gently into the boiling water and cook until they float to the surface.
8. Remove with a slotted spoon, allow the water to drain off, and place the pierogi on a serving platter.
9. Top with sour cream or confectioners' sugar.

Makes 5 or 6 servings.

Golabki (Stuffed Cabbage Rolls)

Ingredients

1 head cabbage

1 cup uncooked rice

1 onion, chopped fine

2 teaspoons butter

1 pound ground beef

½ pound ground pork

1 egg

½ teaspoon salt

½ teaspoon pepper

½ teaspoon garlic powder

4 slices bacon

2 cans concentrated tomato soup

Procedure

1. Pour boiling water over the cabbage to loosen the leaves.
2. Remove a few leaves at a time as they soften.
3. Place the rice in 1 cup of water and boil 10 minutes.
4. Sauté the onions in butter until partly browned.
5. Combine with the rice, meat, egg, salt, pepper, and garlic powder; mix well.
6. Place some of the meat mixture on the stem of a cabbage leaf and roll over once. (Part of the thick stem section can be cut off first for easier rolling.) Tuck in the sides of the leaf and finish rolling.
7. If needed, fasten rolled leaf with a toothpick.
8. To cook, place the slices of bacon with a few cabbage leaves and any leftover small leaves at the bottom of the baking dish.
9. Place the rolls on top, cover with the tomato soup, and place any leftover cabbage leaves on top.
10. Cover with a lid or foil and bake about 2 to 2½ hours at 300°F.

Serves 6.

Christmas Eve supper menu

Bread

Carp in horseradish sauce

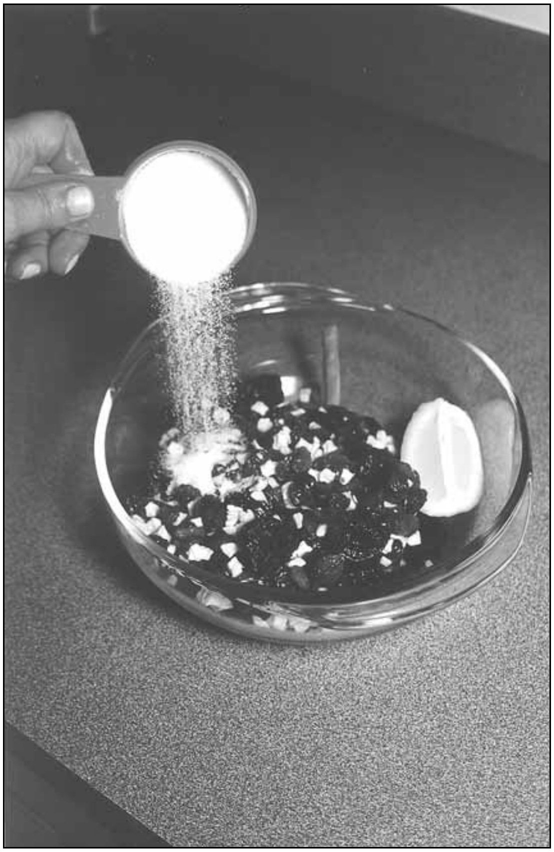
Mushroom soup

Noodles with honey and poppy seeds

Pickled herring

Fruit compote (stewed fruit)

Poppy seed rolls



EPD Photos

This fragrant mixture of dried fruits and spices is served at the end of the festive Christmas Eve dinner.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Poland is a heavily Roman Catholic country, and many Poles observe Catholic fast days by not eating meat. Traditionally, many meat substitutes have been made from mushrooms.

The two most important holidays are Christmas and Easter. The traditional Christmas Eve dinner consists of twelve or thirteen courses. There is one for each of the twelve apostles (Jesus of Nazareth's followers) in the New Testament of the Bible. Sometimes there is a thirteenth course for Jesus. No meat is eaten at this meal. The main dish is carp or pike (two types of fish). Carp is served with a sweat-and-sour sauce or a spicy horseradish sauce. Other traditional dishes include mushroom soup, sauerkraut, *pierogi* (Polish dumplings), noodles with honey and poppy seeds, and poppy-seed rolls. Cookies and cakes are also served, and some cookies are used to decorate the Christmas tree.

Easter is the second most important religious feast of the year. The fast of Lent is broken with Easter breakfast, and feasting continues through the day. Traditionally, a roasted lamb was served for Easter. In recent years, a lamb made of sugar or butter has replaced the real lamb. Meats served for Easter in modern Poland include roast turkey, ham, sausage, veal, or a roast pig. Painted hard-boiled Easter eggs are part of the celebration, and everyone eats part of an egg. Easter sweets include *babka* (rich pound cake), cheesecake, and *mazurek* (a Polish shortbread).

Cheesecake

Ingredients

½ cup raisins

3 Tablespoons flour, divided

¼ teaspoon salt

5 eggs, separated

3 packages cream cheese (8-ounces each), softened

1 cup sugar

1 Tablespoon grated lemon peel

Procedure

1. Soak the raisins in hot water for 15 minutes. Pay dry and coat with 2 Tablespoons of flour. Set aside.
2. Preheat the oven to 350°F.
3. Beat the egg whites and salt until stiff.
4. Place the egg white mixture in the freezer for 5 minutes.
5. Combine the cream cheese, sugar, egg yolks, and remaining flour; beat until smooth.
6. Stir in the raisins and lemon peel.
7. Carefully fold in the egg whites.
8. Pour the mixture into a greased and floured 9-inch springform pan (a special baking pan with a removable bottom).
9. Bake for 45 minutes, then turn the oven off and leave the cake in the oven until it cools.

Noodles with Poppy Seeds

Ingredients

1 package (16-ounce) shell or ribbon macaroni, cooked

1 can (12½-ounce) poppy seed pastry filling

4 Tablespoons honey

1 cup heavy cream or half and half

½ cup golden raisins

2 Tablespoons butter or margarine

Procedure

1. Cook noodles according to directions on package.
2. Meanwhile, combine poppy seed filling, honey, and cream in a mixing bowl and stir until smooth. Stir in raisins.
3. Melt butter in double boiler. Add poppy seed mixture and heat thoroughly.
4. Pour poppy seed mixture over hot, drained noodles and serve immediately.

Serves 10 to 12.

Dried Fruit Compote

Dried Fruit Compote is usually served at the end of Christmas Eve dinner.

Ingredients

1 pound prunes, pitted

1 pound dried mixed fruit

½ pound dried apricots

Juice of 1 lemon

¼ lemon

5 cloves

1-inch cinnamon stick

2 cups sugar

10 cups boiling water

4 fresh apples, peeled, cored and sliced

Procedure

1. Combine prunes, mixed fruit, apricots, lemon juice, ¼ lemon, cloves, cinnamon, and sugar in a pot. Pour boiling water over the fruits to cover.
2. Cover the pot and let stand overnight (at least 4 hours), covered.
3. Add the apples, and simmer the mixture on medium heat for 5 to 7 minutes.
4. Taste and season with sugar and lemon if necessary. Allow to cool to room temperature and serve.

5 MEALTIME CUSTOMS

Poles like to eat hearty, filling meals, and they eat four meals a day. *Sniadanie* (shnah DAHN-yeh, breakfast) is eaten between 6 and 8 A.M. It includes many of the same

breakfast foods eaten in the United States, such as scrambled or soft-boiled eggs, rolls with butter, bagels, and, in winter, hot cereal. However, cheese and ham or other meats are also served. Coffee, cocoa, or tea with milk is served, or even hot milk by itself. Between 11 A.M. and 1 P.M., a light meal, or "second breakfast," is eaten. It is similar to lunch in the United States and may consist of a sandwich, soup, fried eggs, or a plate of cold meats. Children usually take sandwiches to school for their midday meal. The main meal of the day is *obiad* (oh-BEE-ahd, dinner), served in the late afternoon (usually between 4 and 6 P.M.). There is usually at least one meat dish, boiled vegetables or salad, some form of potatoes, soup, and a grain dish or dumplings (*pierogi*). The Poles like both their meat and vegetables cooked until they are very tender. A sweet dessert, usually cake, is served at the end, with a beverage.

The last meal of the day is a light *wieczerza* (wee-CHAIR-zah, supper), served at about 8 or 9 P.M. in the evening. It includes a hot or cold main dish, pickled vegetables, a dessert, and hot tea with lemon or hot cocoa.

When they have to "eat on the run," Poles can pick up an inexpensive meal or snack at small places called milk bars (*bar mleczny*). Western-style fast foods, including pizza and hamburgers, are also available. A popular Polish "fast food" is *flaki,* a dish made from tripe (cow stomach). It is either boiled or fried with carrots or onions.

Mushroom Barley Soup

Ingredients

4 cans beef broth
½ cup pearl barley
½ pound mushrooms
1 large onion, diced
3 Idaho potatoes, cubed
2 large carrots, sliced
2 parsnips, sliced
2 Tablespoons fresh parsley leaves, minced
1 Tablespoon fresh dill, minced
Salt and pepper, to taste

Procedure

1. Brush the mushrooms to clean off any grit, and rinse them under running water.
2. Chop them into half-inch pieces.
3. Bring beef broth to a boil. Add the barley, and boil for 10 minutes.
4. Add remaining ingredients, and simmer for 1 hour.
5. Serve with crusty bread.

Serves 8 to 10.

Kielbasa and Cabbage

Ingredients

1 small head cabbage, coarsely-diced
1 onion, sliced
3 small potatoes, peeled and diced
1 teaspoon salt
½ teaspoon caraway seed
1½ pounds kielbasa sausage, cut into 1-inch pieces
1 can (14-ounce) chicken broth



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Kielbasa, cut into bite-sized pieces, may be combined with cabbage for a hearty dinner, or may be enjoyed alone with mustard as a snack.

Procedure

1. Place the vegetables, seasonings, and sausage in a crockpot.
2. Pour in the chicken broth.
3. Cover.
4. Cook on low 6 to 10 hours, or on high 2 to 4 hours.

Serves 4.

Veal Meatballs with Dill

Ingredients

2 slices white bread, soaked in milk and slightly dried

½ medium onion, finely-chopped

1 egg

1 pound ground veal

Salt and pepper, to taste

3 Tablespoons flour

1½ Tablespoons butter

1 cup beef or chicken bouillon

½ cup sour cream

1 Tablespoon fresh dill, chopped

Procedure

1. Mix the bread with the onions, egg, and meat thoroughly. Add salt and pepper.
2. Form small balls from the mixture and roll them in flour.
3. Melt the butter in a frying pan over medium heat, and add meatballs. Brown the meatballs on all sides.
4. Pour the bouillon over the veal balls, cover, and simmer for about 20 minutes.
5. Place on a warm serving platter.
6. Add the rest of the flour to the pan drippings and bring to a boil.
7. Remove from heat and season with salt, adding the sour cream and dill. Pour over meat.

Makes 4 servings.

Stuffed Eggs

Ingredients

7 eggs

3 Tablespoons breadcrumbs

4 Tablespoons sour cream

1 Tablespoon dill, chopped

1 Tablespoon chives, chopped

Salt and pepper, to taste

2 Tablespoons butter

Procedure

1. Wash the eggs, place in a pot, and cover with cold water. Heat until the water boils and cook over low heat for 10 minutes.
2. Remove the pot from the heat and drain the water. Place the pot with the eggs in the sink under cold running water to cool the eggs.
3. Peel the eggs, and carefully slice each egg lengthwise into halves, being careful not to break the whites.
4. Scoop out the yolks. Place them in a bowl and mash them with a fork.
5. Mix 1 Tablespoon of the breadcrumbs and the rest of the ingredients except the butter into the egg yolks.
6. Spoon the mixture back into the egg white halves. Sprinkle with the remaining breadcrumbs, and flatten with a knife.
7. Heat the butter in a large skillet. Carefully add the eggs, stuffing side down, and sauté them until golden.

Serves 7 to 10 as a snack.

6 POLITICS, ECONOMICS, AND NUTRITION

More than half of Poland's land is used for farming. Polish farms don't produce as large a crop as farms in other parts of the world, because of poor soil and lack of rainfall. In the late 1990s, Polish farmers began to use more mechanical farming aids, such as tractors, which helped to improve the size of the crops. Polish farmers grow fruits and vegetables. Since the 1950s, Poland has been forced to import wheat, since it can't produce enough on its own.

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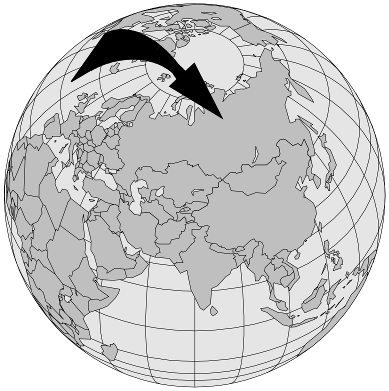
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Russia

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Russia is the largest country in Europe, with 6.6 million square miles (17 million square kilometers). It is 1.8 times the size of the United States. Russian land extends to the Arctic Ocean in the north. Russia shares borders with China and Mongolia to the south, and Ukraine, Latvia, Belarus, Lithuania, and Finland to the west. About three-fourths of the land is arable (able to be farmed), although the output from farms decreased during the 1980s and 1990s. After the Union of Soviet Socialist Republics (USSR) broke apart in 1991, the Russian government started a program to encourage small farmers. From 1991 to 2001 about 150,000 new small farms were established.

2 HISTORY AND FOOD

Russia has a history of a diet based on crops that can thrive in cold climates, such as grains (rye, barley, buckwheat, and wheat), root vegetables (beets, turnips, potatoes, onions), and cabbage. Ivan III (ruled 1462–1505) brought Italian craftsmen to Russia to build public buildings. These craftsmen introduced pasta, frozen desserts (gelato and sherbet), and pastries to the Russian diet.

Peter I (ruled 1682–1725), known as "The Great," included a French chef in his court. It was during his reign that Russians began to serve meals in courses, rather than to serve all the food at once. From that time until the Russian Revolution in 1917, many wealthy Russian families employed French chefs. When French chefs returned home to France, they introduced popular Russian dishes to the people of Europe. The Salade Russe, known in Russia as Salat Olivier or Salad Rusky was created during the era of Nicholas II (in power until 1917) by a French chef.

Salat Olivier (Russian Salad)

Ingredients

3 large potatoes

2 carrots, boiled and diced

4 hardboiled eggs; 3 should be chopped and 1 cut into quarters for garnish

½ onion, finely chopped

2 dill pickles, chopped

½ cup canned or frozen peas, drained

¼ pound bologna, chopped

2 to 4 Tablespoons mayonnaise

4 to 6 large lettuce leaves

Procedure

1. Peel the potatoes, cut them in half, and place them in a saucepan. Cover the potatoes with water, heat over high heat until the water boils, and simmer until the potatoes can be pierced with a fork (about 15 to 20 minutes).Drain and allow to cool.
2. Repeat the same process with the two carrots.
3. When both are cooled, cut into cubes and place in a large mixing bowl.
4. Add remaining ingredients (except mayonnaise) and toss gently to combine.
5. Stir in 2 Tablespoons of mayonnaise, or enough mayonnaise to hold ingredients together.
6. Arrange clean, dry lettuce leaves on a platter, and mound the salad in a pyramid shape in the center.
7. Spread more mayonnaise over the top of the salad like frosting.
8. Garnish with hardboiled egg slices.

Serves 6 to 8.



From the time of the Russian Revolution in 1917 until 1981, all of the restaurants in Russia (then part of the USSR) were owned and operated by the government. Most stores were run by the government, too. Due to food shortages and inefficient store management, families had to stand in long lines to buy bread, meat, and other basic food items. In 1981 President Mikhail Gorbachev began reforms that culminated in the 1991 breakup of the USSR and the beginnings of a democracy. But the sale and purchase of food was still regulated by the government as of the end of the twentieth century.

3 FOOD OF THE RUSSIANS

Traditional Russian cooking relied on a *pech'* or oven, rather than a burner as a heat source. The oven had two compartments—one for slow cooking and the other for quick baking. The pech' also heated the homes of the peasants, and therefore occupied a central spot in the main room of the house. Traditional dishes include roasted meats, vegetables, soups, and stews. A staple of the Russian diet is dark, heavy bread. It is not uncommon for a family of four to eat three



Cory Langley

Fresh bread is sold and carried home unwrapped. It is not uncommon for a Russian family to eat three or four loaves of bread each day.

or four loaves of bread a day. Also popular are *bliny* (thin pancakes), and a variety of savory and sweet pies called either *piroghi* (large pies) or *pirozhki* (small pies). They are usually filled with fish, cheese, jam, cabbage, mushrooms, chopped hard-cooked eggs, or meat. The possibilities are unlimited. These pies are served alone or with soup at lunch. Hot sweetened tea, called *chai,* is served frequently from a *samovar* (large brass boiler) that heats water and steeps the tea leaves to form a concentrated mixture.

Russians eat more fish than most other cultures because, under the Russian Orthodox Church, many days of the year were fasting days and fish was the only meat allowed. Sturgeon is the favorite fish of the Russians, from which black caviar (fish eggs) is collected. *Kissel*, a piece of stewed fruit thickened with cornstarch with milk poured over it, is a traditional dessert.

Bliny is a traditional Russian dish that is eaten in great quantity during *Maslyanitsa* (Butter Week, the Russian equivalent of Mardi Gras), the last week before Lent. Good bliny must be very thin, the thinner the better. Bliny may be served with sweet or savory filling or with butter, sour cream, caviar, fresh fruit, or smoked fish.

Bliny (Russian Pancakes)

Ingredients

3 eggs

2 Tablespoons sugar

½ teaspoon salt

1½ cups milk

1 cup flour (buckwheat flour is traditional)

½ teaspoon vanilla

Vegetable oil

Procedure

1. Beat eggs until foamy in a medium mixing bowl. Add sugar, salt, and milk.
2. Add flour and mix well until no lumps remain. Add vanilla.
3. Pour a little vegetable oil into a small frying pan. Heat the pan over medium heat.
4. Using a ladle, pour a very thin layer of batter into the pan.

5. Cook until edges begin to curl and brown, and then carefully turn to brown the other side.
6. Serve with filling (recipe follows). May also be served with butter, jam, sour cream, or fresh fruit.

Bliny Filling

Ingredients

1 package frozen berries (strawberries, raspberries, or blueberries)

¼ cup water

2 Tablespoons cornstarch.

Procedure

1. Thaw frozen berries, and place into a saucepan.
2. In a measuring cup or drinking glass, dissolve cornstarch completely in ¼ cup water.
3. Stir cornstarch mixture into berries and heat slowly until the berry mixture thickens.

Cabbage Pirozhki or Piroghi

This recipe involves three steps: making the dough, making the filling, and assembling the pies.

Ingredients for dough

2½ cups sifted flour

1½ teaspoons baking powder

1 teaspoon salt

½ cup vegetable shortening

2 Tablespoons butter

1 egg

Ice water

Ingredients for filling

5 cups chopped cabbage (2 small heads of cabbage)

2 Tablespoons salt

4 cups boiling water

2 chopped onions

4 Tablespoons butter

1 Tablespoon dill or parsley, minced

2 hard-boiled eggs

Procedure

1. *Make dough:* Sift dry ingredients together. Add shortening and butter into dry mixture, mixing with a pastry blender or a fork until the mixture looks like oatmeal.
2. Beat the egg slightly in a measuring cup and add enough ice water to make ½ cup fluid. Pour egg and water into the flour mixture and mix well.
3. Roll out the dough on a board or countertop dusted with more flour. If the dough seems sticky, sprinkle the surface of the dough and the rolling surface with more flour.
4. *To make piroghi (large pie):* Roll dough into a rectangle approximately 24 inches x 16 inches. It is ready for stuffing.
5. *To make pirozhki (small pies):* Take egg-sized balls of dough, flatten, and roll out. Repeat with remaining dough. The small pies are now ready for stuffing.
6. *Make filling:* Remove the tough outer leaves from 2 heads of cabbage, and cut the heads into quarters, removing the tough core. Chop the cabbage leaves finely.
7. Mix cabbage with salt in a bowl and let stand for 15 minutes. Pour the cabbage into a colander in the sink and drain.
8. Heat 4 cups of water to boiling and carefully pour boiling water over the cabbage in the colander. Let drain.



EPD Photos

Pirozhki (small pies) may be filled with fish, cheese, jam, cabbage, mushrooms, chopped hard-cooked eggs, or meat. These pies are served alone or with soup at lunch.

9. Next, melt the butter in a large skillet and add the chopped onion. Sauté until softened (about 5 minutes).
10. Add the drained cabbage to the skillet and continue cooking, stirring frequently with a wooden spoon, until the cabbage is soft (about 30 minutes).
11. While the cabbage is cooking, remove the shells from the hard-boiled eggs and chop the eggs.
12. Add dill or parsley and chopped eggs to the cooked cabbage and cook for 2 or 3 minutes longer. Remove from heat.
13. Preheat oven to 375°F.
14. *To assemble piroghi:* Transfer the dough rectangle to the greased cookie sheet.
15. Spread the cabbage mixture over ½ the dough, fold the dough over and pinch the edges together.
16. *To assemble pirozhki:* Fill each pirozhki with about 1½ Tablespoons of the cabbage mixture.
17. Pinch edges together and place on a greased cookie sheet with the seamless edge up.
18. Bake the piroghi for about 30 minutes, until golden.
19. Bake the pirozhkis for about 15 minutes.

Serves 8 to 10.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The Russian Orthodox Church celebrates the New Year on January 1, Christmas on January 7 and Epiphany on January 19. At New Year's, Ded Moroz (Grandfather Frost), a character from folklore, may be seen at holiday events distributing *pryaniki,* a sweet cookie to signify wishes for a sweet new year. The Russian equivalent for Mardi Gras happens during *Maslyanitsa* (Butter-week) when bliny are eaten nonstop. For Easter, Orthodox Russian women bake cakes and decorate them elaborately to resemble the rounded domes of the Orthodox churches. The cakes are given either to the priest on Easter Sunday, or served at home. The Easter bread is always cut lengthwise instead of in vertical slices. *Pashka*, a cold mixture of soft cheese (*tvorog*), butter, almonds, and currants, is formed in a special mold shaped like a pyramid with the top cut off to represent the tomb of Jesus. Russian Easter eggs are often colored red to signify the resurrection of Jesus. This is done by hard-boiling eggs with either red onion peel or beets. Roast

pork is served for the main meal at Easter. A roast goose is traditional at Christmas.

Pashka

Ingredients

2 packages (8-ounces each) cream cheese

1 cup (2 sticks) butter at room temperature

1¾ cup confectioners' sugar

2 teaspoons vanilla

1 cup currants

1 cup toasted almonds

Optional: Clean new flowerpot and clean muslin fabric (or clean fabric from a sheet or pillowcase) to mold pashka

Procedure

1. Put cream cheese into a large mixing bowl and beat until very smooth.
2. Add butter and continue beating until well mixed and very smooth and creamy.
3. Add sugar, a little at a time, beating well. Add vanilla.
4. Add currants and toasted almonds and stir gently to combine.
5. If flowerpot is not being used to mold pashka, pour cheese mixture into a pie pan, cake pan, or other serving dish. Smooth the top surface, cover with plastic wrap, and refrigerate at least two hours, until ready to serve.
6. To use flowerpot mold: Line the flowerpot with the fabric, smoothing it to line the surface of the pot. Transfer the cheese mixture to the flowerpot, pushing the mixture down to remove air pockets. Fold the fabric over the top, and place a small saucer on the top to weight down the mixture. Refrigerate on a plate (some liquid may leak out of the hole in the bottom of the flowerpot) for at least two hours. To serve, remove saucer, unwrap fabric, and put a serving plate over the flowerpot and turn it upside down to unmold. Carefully remove the fabric.

Serves 10 to 12.

Sbiten (Russian National Winter Beverage)

Ingredients

10 cups water

1 pound berry jam (16 ounces)

½ cup honey

1 teaspoon ginger

1 teaspoon cloves

½ teaspoon cinnamon

Procedure

1. Measure the water into a large pot and heat until the water boils.
2. Stir in jam, honey, ginger, cloves, and cinnamon.
3. Simmer, stirring constantly, for 5 minutes. Ladle into mugs and serve hot.

Serves 10 to 12.

5 MEALTIME CUSTOMS

Russians eat four meals a day, starting with *zavtrak* or "morning coffee." Lunch, or *obyed*, is a small two-dish meal lasting from 12 noon until 1 p.m. Usually *kasha,* or baked buckwheat, is served at lunch. Dinner, or *uzhin*, is the most elaborate meal beginning at 6 p.m. and typically featuring four courses. The first course is *zakuski* or "little bite." Zakuski may feature a few simple appetizers (such as bread and cheese or herbed butter) to twenty or more elaborate creations requiring hours of preparation.



Cory Langley

In some rural areas people must get their fresh water from an outdoor pump.

Selodka, or herring with a vinegar and oil dressing, is the best-known appetizer, and it almost always makes an appearance during the zakuski. The first course is often soup, although soup may also be the entrée. Favorite soups include *borscht* (beet soup traditionally served with sour cream); *shchyee* (cabbage soup); and *solyanka* (a tomato-based chowder). The main course may be roast meat, with potatoes and root vegetables. Dessert may be ice cream or cheesecake. A few hours after dinner, usually around 9 or 10 p.m., Russians have their fourth and final meal of the day, centered on the samovar (ornate urn for serving coffee or tea) for tea and cakes, such as Sharlotka (Apple Cake). Visitors are encouraged to drop in for tea at night, sometimes staying until midnight. Restaurants often end the meal with Klyukva S Sakharom (Frosted Cranberries).

Borscht (Beet Soup)

Ingredients

3 cans (14 ounce) beef broth
2 medium beets
1 carrot
1 onion
3 potatoes
¼ head of cabbage
1 Tablespoon tomato paste
½ green pepper
½ fresh parsley
Salt
Pepper
1 teaspoon lemon juice
2 cloves garlic, chopped
Vegetable or olive oil
Sour cream as garnish
Sugar, to taste

Procedure

1. Prepare onions and carrots by chopping them.
2. Pour a little vegetable oil into a skillet and add the carrots and onions. Cook until softened, and set aside.
3. Peel the beets and chop or slice both into small bite-sized pieces.
4. Remove the seeds from the green pepper and chop.

5. Put the chopped beets and green pepper into a small saucepan and add about ½ cup of broth and the tomato paste. Cover the pot and simmer the vegetables for about 30 minutes until the beets are tender.
6. While the beets and peppers are cooking, pour the remaining broth into a large saucepan and heat it almost to boiling.
7. Chop the cabbage and add it to the broth.
8. Peel the potatoes, cut them into bite-size pieces and add to broth.
9. Add cooked onions and carrots to broth. Simmer the soup for about 20 minutes.
10. When the beets are tender, add them to the broth. Add lemon juice, salt, sugar, parsley, and garlic cloves.
11. Simmer 10 more minutes, and serve hot, with a dollop of sour cream in each bowl.

Serves 10 to 12.

Sharlotka (Apple Cake)

Ingredients

1 cup flour

1 cup sugar

3 eggs

3 tart apples, such as Granny Smith

Procedure

1. Preheat oven to 350°F.
2. Combine flour, sugar, and eggs, beating well to completely dissolve the sugar.
3. Wash the apples, cut them into quarters, and cut away the core and seeds.
4. Cut the apples into thin slices.
5. Grease a round cake pan and dust it lightly with flour or plain, unseasoned white bread crumbs to prevent the cake from sticking.
6. Arrange all apple slices on the bottom of the pan.
7. Pour the batter mixture over the apples, spreading it gently with a rubber spatula.
8. Bake for 25 minutes until a toothpick, inserted into the center of the cake, comes out dry and the cake is beginning to pull away from the edges of the pan.
9. Cool 10 minutes on a wire rack. Run a knife around the edges of the pan, and place a serving plate over the pan. Invert the pan (turn the pan upside-down) onto the serving plate. May be served warm or at room temperature.

Serves 10 to 12.

Klyukva S Sakharom (Frosted Cranberries)

Ingredients

1 pound bag of fresh cranberries

1 egg white

1½ cups sugar

2-foot long piece of wax paper

Procedure

1. Preheat the oven to 150°F (lowest setting possible).
2. Beat the egg white with an electric mixer or wire whisk until foamy but not stiff.
3. Rinse the cranberries in a colander, discarding any shriveled or spoiled berries.
4. Pour the cranberries into the egg white, stirring gently until the berries are all completely coated.

5. Measure the sugar into another large bowl. Add the cranberries, and toss until the berries are completely covered with sugar.
6. Spread the cranberries on a shallow baking pan, such as a cookie sheet, with edges.
7. Bake for about 12 minutes until the sugar has melted.
8. Spread a 2-foot long piece of wax paper out on the counter or table.
9. Spread the cranberries out on the paper, separating them, to dry.
10. Leave them undisturbed overnight. The frosted cranberries will keep in an airtight container or plastic bag for 2 weeks.

Historically, when guests first arrived at a Russian home, the hostess welcomed them with a loaf of bread and a small amount of salt. The guest was expected to take a piece of the bread, dip it in the salt, and eat it. This explains the Russian word for hospitality, *khlebosol'stvo* (*khleb* "bread" and *sol* "salt"). The hostess sits at the head of the table with the most respected guest at her right. Her husband sits where he wants to sit.

Semechki (Toasted Sunflower Seeds)

Ingredients

1 cup sunflower seeds in the hull

2 Tablespoons butter

Salt, to taste (optional)

Procedure

1. Preheat oven to 325°F.
2. Melt the butter in a bowl in the microwave or in a skillet over low heat on the stove.
3. Toss the seeds in the butter, coating them well.
4. Spread the seed on a cookie sheet.
5. Bake for 15 to 20 minutes, until just golden. Sprinkle with salt. (Seeds may be shelled first, and then sprinkled with salt if preferred.)

Chai Po-Russki (Tea, Russian-Style)

Chai Po-Russki (tea) is usually served with a variety of cakes and candies.

Ingredients

1 teaspoon loose black tea per person, plus 1 teaspoon "for the pot"

1 cup water per person

1 whole cardamom pod or ½ teaspoon cardamom

1 lemon, sliced

Cream

Procedure

1. Measure tea into a saucepan. Add water and cardamom and bring to a boil.
2. Remove from heat and allow to steep for 2 minutes. Pour tea through a strainer into cups.
3. Add slices of lemon or cream to taste. (Do not use lemon and cream together, as the lemon will curdle the cream.)

A meal might consist of borscht (beet soup) with bread and pickles, or could be more elaborate. The soup must be served very hot. All dishes are served at the table from large serving dishes. It is proper for

the hostess to encourage her guests to eat more than they really want to eat.

Lining many city streets are vending machines selling *gazirovannaya voda* (sparkling water), not in cans or bottles, but dispensed into a glass. The machine includes a scrubbing brush with cold water for the customer to use to clean the glass before using it. Also readily available are sunflower seeds sold by vendors at open stalls from large burlap sacks. Many Russians snack on sunflower seeds daily.

6 POLITICS, ECONOMICS, AND NUTRITION

At the beginning of 2001, Russians continued to struggle with shortages of some food items. According to a World Bank report, about 3 percent of children under age five are underweight, and about 13 percent have not grown to the appropriate height for their age. These are both signs that a small percentage of young children in Russia are not receiving adequate nutrition from their daily diet.

7 FURTHER STUDY

Books

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Saudi Arabia

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

Saudi Arabia, the third-largest country in Asia, constitutes about four-fifths of the Arabian Peninsula. The other countries that share the peninsula—Yemen, Oman, United Arab Emirates, Qatar, Bahrain, and Kuwait—are all much smaller in area. A narrow plain runs along the Red Sea coast. The Hijaz Mountains (Al Hijaz) rise sharply from the sea. At least one-third of the total area is sandy desert. There are no lakes, and except for artesian wells (wells where water flows to the surface naturally) in the eastern oases, there are no rivers or streams where water flows.

2 HISTORY AND FOOD

The people of Saudi Arabia are descended from tribes of nomadic sheep and goat herders and maintain many of the traditions of their past. Traditional foods like dates, *fatir* (flat bread), *arikah* (bread from the southwestern part of the country), and *hawayij* (a spice blend) are still eaten by Saudis today, although most Saudis have settled in towns and cities and no longer follow the nomadic lifestyle. Saudi Arabia is also home to Mecca, the origin and spiritual center of Islam. The culture, as well as the laws of Saudi Arabia, is founded on Islamic principles, including the dietary restrictions against eating pork or drinking alcohol.

In the 1930s, oil was discovered on the Arabian Peninsula. Income from oil has allowed Saudi Arabia to become modernized and to begin to develop stronger industries in other areas such as agriculture. Saudi Arabia now produces all of its own dairy products and most of its own vegetables. Many foreign workers are needed to maintain the new industries, and foreign foods as well as fast food chains are now available in Saudi Arabia. However, it is mostly the foreigners who eat those foods; most Saudis prefer traditional fare.



Fatir (Flat Bread)

Authentic fatir is made with toasted barley flour, not widely available in the United States. Flour tortillas baked in a warm oven over a metal mixing bowl for 3 to 4 minutes will simulate the shape of fatir.

Ingredients

1 loaf frozen white bread dough, thawed according to package directions

Wok

Procedure

1. Turn the thawed bread dough out onto a floured surface.
2. Divide it into 6 pieces. Flatten each piece under the palm of your hand and dust lightly with white flour.
3. Roll out one piece at a time, keeping the rest covered with a damp dish towel, to make 6 flat breads about 10 inches in diameter. The bread will be very thin, so handle it carefully.
4. Spray the outside of a wok with cooking spray and set the wok, upside down, over a burner on the stove. Heat it over medium-high heat.
5. Wearing oven mitts, carefully lay the bread over the curved surface. (This will be awkward. If the mitts make it impossible to handle the dough, use two spatulas or wooden spoons to lift the dough and drop it onto the wok.)
6. Press down gently, using a wooden spoon, to make sure all parts of the bread touch the cooking surface.
7. Cook for 1½–2 minutes. Using tongs, carefully turn the bread over and cook the other side.
8. When the bread is fully cooked, remove it from the wok and wrap it in a kitchen towel to keep it warm.
9. Cook the remaining breads the same way.

Serves 6 to 10.

Hawayij (Spice Blend)

This spice blend keeps for a long time in a well-sealed container.

Ingredients

2 Tablespoons black peppercorns

1 Tablespoon caraway seed

½ teaspoon cardamom seed

1 teaspoon saffron threads

1 teaspoon turmeric

Note: Ground spices may be substituted for the spices listed.

Procedure

1. Combine the peppercorns, caraway seeds, and cardamom seeds in a dry skillet and toast over high heat for 2–3 minutes, stirring constantly with a wooden spoon.
2. Put the toasted seeds in a mortar or spice mill and pound or grind them to a powder. Alternatively, wrap in a clean dish towel, place the package on a hard surface (such as the garage floor or sidewalk) and pound with a hammer. All the spices should be pounded to a powder form.
3. Add the saffron threads and pound or grind again. Transfer the spices to a mixing bowl.
4. Add the turmeric and mix well.

Store in a glass or plastic container with a lid. (An empty spice jar works well.)

Haysa Al-Tumreya (Dip for Dates)

Ingredients

¾ cup flour

½ cup shortening or vegetable oil

Dates, pitted

Procedure

1. Combine the flour and shortening or oil in a saucepan.
2. Heat over low heat, stirring constantly with a wooden spoon, until the mixture is golden brown.
3. Remove from heat and pour onto a plate.
4. Serve while hot with a bowl of pitted dates.

Serves 6 to 8 as a snack.



EPD Photos

Dates are used in many recipes throughout the Middle East and are enjoyed alone as a snack.

3 FOODS OF THE SAUDIS

The people of Saudi Arabia are very traditional and eat the same foods they have eaten for centuries. The average meal of the Bedouin nomads who remain in Saudi Arabia is much simpler than that of the urban Saudis who make up the majority of Saudi Arabia's population today. However, the basic ingredients are the same: fava beans, wheat, rice, yogurt, dates, and chicken are staple foods for all Saudis. Saudi Arabia has over 18 million date palms that produce 600 million pounds of dates each year.

Saudis rank as the highest consumers of broiler chickens in the world, eating an average of 88.2 pounds of chicken per person per year. Saudis are strict Muslims and, following Islamic law, do not eat pork or drink alcohol. Lamb is traditionally served to honored guests and at holiday feasts. According to Islamic law, animals must be butchered in a particular way and blessed before they can be eaten, so Saudi Arabia is the world's largest importer of live sheep.

Camel (or sheep or goat) milk has long been the staple of the Bedouin diet, and dairy products are still favorites with all Saudis. Yogurt is eaten alone, used in sauces, and made into a drink called a *lassi.* Flat breads—*fatir,* a flat bread cooked on a curved metal pan over a fire, and *kimaje,* similar to pita—are the other mainstay of the nomadic diet that are eaten by all Saudis. These breads are used at every meal, in place of a fork or spoon, to scoop up other foods.

Kapsa (Chicken and Rice)

Ingredients

2 Tablespoons of olive oil

1 small to medium onion, chopped

3 teaspoons ground cardamom

1 can (about 2 cups) chicken broth

1½ cups water

1 tomato, chopped

1 6-ounce can of tomato paste

2 teaspoons garlic powder

1 teaspoon lemon rind

1 cinnamon stick

Salt to taste

1 small snack box of raisins

1 package of skinless, boneless chicken (4 breast halves

1 package of skinless, boneless thighs (4 to 6 thighs)

1½ cups white Basmati rice

Procedure

1. Preheat oven to 300°F.
2. Wash chicken thoroughly and pat dry with paper towels.
3. Put chicken in a baking dish and bake in preheated oven until fully cooked (about 30 minutes).
4. While the chicken is baking, heat oil (medium-high) in a large pot. Add chopped onions and 1 teaspoon of cardamom, stirring constantly until browned.
5. Add chicken broth and 1½ cups water to pot. Add remaining 2 teaspoons of cardamom, tomato, tomato paste, garlic powder, lemon rind, cinnamon stick, salt, and raisins to the browned onions and water.
6. Cook on medium-high heat, stirring occasionally, for 2–3 minutes. Add the rice.
7. Bring to a boil then immediately turn the heat down to low. Cover the pot tightly and simmer for 15 minutes.
8. After 10 minutes, check the rice to see if it has absorbed all of the liquid.
9. If the rice is dry but not soft yet, add a little more water and continue to simmer. *Do not stir the rice!* The rice is done when all the liquid has been absorbed and the rice is soft.
10. When both the rice and the chicken are cooked, place the rice on a platter and put the chicken on top in the middle.

Serves 6 to 8.



Embassy of Saudi Arabia

Government investment in irrigation and modern farming techniques allows Saudi farms to produce enough dairy products to meet the country's needs. Saudi farmers produce almost all the vegetables consumed in the country as well.

Kimaje (Flat Bread)

This bread is traditionally served warm from the oven and is used to scoop up other foods.

Ingredients

1 package active dry yeast

1¼ cups lukewarm water (more as needed)

1 Tablespoon vegetable oil

½ teaspoon sugar

½ teaspoon salt

3½ cups all-purpose flour (more or less as needed)

Procedure

1. In a large mixing bowl, dissolve the yeast in the lukewarm water.
2. Add oil, sugar, salt, and 2 cups flour, and stir until smooth.
3. Add just enough of the remaining flour to make a dough that is not sticky and is easy to handle.
4. Place the dough on a lightly floured work surface and knead until it is smooth and elastic, about 10 minutes.

5. Put the dough in a lightly oiled, large mixing bowl and move it around to grease all sides with the oil.
6. Cover the bowl with a towel and set it in a warm place to rise, for about 1 hour, until the dough doubles in size.
7. When the dough has risen, punch it down and move it to the lightly floured work surface. Divide into 6 equal balls.
8. Place the balls side by side on the work surface and cover with the towel. Let them rise for another 30 minutes.
9. After they have risen, flatten each ball with a lightly floured rolling pin or the palm of your hand, until it is a circle about ⅛-inch thick and 6 inches across.
10. Using 3 cookie sheets, place 2 breads on each so that they are not touching, cover them with towels, and let rise for another 30 minutes.
11. Preheat oven to 450°F.
12. When breads have risen, bake in oven for about 10 minutes or until golden brown and puffed.

Laban Drink (Yogurt Drink)

Ingredients

½ cup ice water

½ cup plain yogurt (unsweetened)

4 to 6 ice cubes (optional)

Procedure

1. Combine water and yogurt in a blender and blend until smooth.
2. If you do not have a blender, put water and yogurt into a tall glass and stir briskly until smooth.
3. Serve, over ice cubes if desired.



EPD Photos/Brown W. Cannon III

Saudis arrange ornate rugs around a central fire when outdoors, as these men are, or around dishes of food being served when indoors. Diners sit on the rugs and share food and conversation.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

Saudi Arabia is a Muslim nation. The national holidays are Islamic holidays, including Ramadan (a month of fasting from sunup to sundown), Eid al-Fitr (the feast at the end of Ramadan), and Eid al-Adha (the Feast of Sacrifice). Two of the Five Pillars (requirements) of Islam are to make a pilgrimage to Mecca, and to give aid to the poor. Eid al-Adha, which occurs at

the end of the month of pilgrimage, reenacts the story of God giving Abraham a ram to sacrifice instead of his son Isaac. It also fulfills the requirement to give to the poor, by having a lamb ritually slaughtered and donating the meat to those in need.

Most Saudi holiday meals include thick soups, stuffed vegetables, bean salads or tabbouleh (a salad made with bulgur wheat), hummus, rice, and the flat bread that is eaten with all meals. Dates, raisins, and nuts are served as appetizers or snacks, and sweet desserts finish off the meal. Ornate rugs are laid out on the floor and dishes of food placed on them. The feasters sit cross-legged on the floor around the rugs and eat with their fingers or bread, sharing from the same dishes. Hands are ritually washed, in accordance with Islamic law, before and after eating.

Rice, Saudi Style

Ingredients

3 cups rice

1 Tablespoon oil

1 small onion, chopped

2 cloves garlic, chopped

½ cup golden raisins

2 Tablespoons tomato paste

½ teaspoon cloves

½ teaspoon cinnamon

1 Tablespoon cardamom (ground, not whole pods)

Salt and pepper, to taste

2 Tablespoons pine nuts, toasted

¼ cup slivered almonds, toasted

Note: To toast pine nuts and almonds, heat a small amount of olive oil in a skillet. Add nuts and cook, shaking the pan frequently, until nuts are golden in color.

Procedure

1. Measure rice into a bowl, cover with cold water, and allow to soak for 15 minutes.
2. Meanwhile, cook onions and garlic in oil over medium heat in a large saucepan.
3. After the rice has been soaking for 15 minutes, add it with tomato paste and raisins to the meat mixture.
4. Add seasoning (cloves, cinnamon, cardamom, salt, and pepper) and stir to combine. Lower heat and cover.
5. Allow to simmer for about 10 minutes. Check to be sure the mixture isn't too dry. If there is no more liquid visible, add a little more water (½ cup at a time).
6. Continue simmering for about 10 more minutes, until rice is tender.
7. Serve dish garnished with the toasted nuts and accompanied by plain yogurt.

Tabbouleh (Bulgur Wheat Salad)

Ingredients

1½ cups fresh parsley, stems removed, washed, and drained

1 cup bulgur wheat

2 cups boiling water

½ cup green onions, washed, trimmed, and chopped

3 tomatoes, finely chopped

2 teaspoons crushed dried mint leaves

½ fresh lemon juice

¼ cup olive oil (more or less as needed)

Salt and pepper to taste

Procedure

1. Finely chop the parsley (or cut with very clean scissors).
2. Place chopped parsley in a medium-sized mixing bowl.
3. Place bulgur in a small mixing bowl, cover with boiling water, and let soak for 30 minutes.
4. Drain bulgur and squeeze out excess water with your (clean) hands. Add bulgur to parsley.
5. Add onions, tomatoes, mint, lemon juice, oil, salt, and pepper to the bulgur and parsley mixture. Toss well, adding more oil if needed to coat mixture.
6. Cover and refrigerate for at least 1 hour.
7. Remove from the refrigerator and let return to room temperature before serving.

Serves 6.

Hummus

Ingredients

2 cans chickpeas (garbanzo beans)

6 Tablespoons tahini (sesame seed paste—available at ethnic food shops or supermarkets or organic/health food stores)

3 large cloves garlic

¼ of the liquid from 1 can of chickpeas

⅓ cup lemon juice

Salt and pepper, to taste

Olive oil

Paprika

Fresh chopped parsley

Procedure

1. Combine chickpeas, tahini, garlic, canned chickpea liquid, and lemon juice in a food processor or blender and puree to a smooth paste.
2. Thin with more liquid from the canned chickpeas, if necessary. Add salt and pepper to taste. Pour into a serving bowl.
3. Mix olive oil with a bit of paprika to make it red and drizzle it on top of the hummus. Sprinkle with parsley. Serve with pita bread.

5 MEALTIME CUSTOMS

Saudi customs for mealtimes and table etiquette come from both their nomadic tribal heritage as well as their Islamic tradition. Based on nomadic habits of herding animals throughout daylight hours, daytime meals are small, with a large meal in the evening. The month-long celebration of Ramadan builds on this tradition, requiring a complete fast from sunup until sundown, with a large meal after sunset. Saudi meals are eaten sitting cross-legged on the floor or on pillows around a rug or low table (as though in a tent), sharing food out of the same dishes. Food is usually eaten with the fingers or a piece of bread. Following Islamic law, only the right hand is used for eating, as the left hand is considered "unclean" because it is used for personal hygiene. Ritual hand washing is completed before and after eating.

Dates and sweet tea are favorite snacks for Saudis, and buttermilk, cola, and a yogurt drink known as *lassi* are popular beverages. Coffee has been a central part of Saudi life for centuries, with an intricate ceremony to prepare and serve it. Preparing the coffee involves four different pots in which the coffee grounds, water, and spices are combined and brewed before being served in small cups. It is considered very rude to refuse a cup of coffee offered by the host, and it is most polite to accept odd

numbers of cups (one, three, five, etc.). Saudi men spend a great deal of time in coffeehouses, drinking coffee or tea and talking.

Qahwa (Arabic Coffee)

Ingredients

3 cups water

2 Tablespoons ground decaffeinated coffee

3 Tablespoons cardamom (coarsely ground)

¼ teaspoon saffron (optional)

Procedure

1. Boil the water in a pot. Add the coffeeto the water and bring to a boil over low heat. (In Saudi Arabia, the coffee would be strong and highly caffeinated.)
2. Remove from the heat and allow coffee grounds to settle.
3. Put the cardamom in another pot, strain the coffee (removing the grounds) into the second pot, and add the saffron.
4. Bring back to a boil and serve immediately.

Serves 8 to 10.



EPD Photos/Brown W. Cannon III

A young man presents coffee on a tray to a guest. The Saudis take pride in their hospitality, and it is considered rude to refuse a host's offer of refreshments.

6 POLITICS, ECONOMICS, AND NUTRITION

The Saudis in general receive adequate nutrition. The country's agricultural practices have been modernized and the government has made significant investments in irrigation. Saudi farmers grow and raise almost enough crops and livestock to meet the needs of the population.

According to the World Bank, less than 4 percent of the population experiences inadquate nutrition, and nearly 90 percent of Saudi citizens have access to adequate sanitation.

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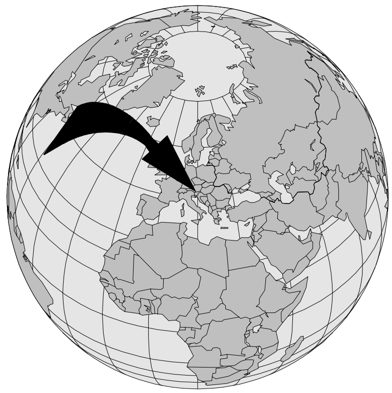
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Slovenia



Recipes

1 GEOGRAPHIC SETTING AND ENVIRONMENT

Slovenia is located in central Europe and shares boundaries with Austria (north), Hungary (east), Croatia (south), and Italy (west). It has a small coastal area in the southwest region, which borders the Adriatic Sea.

Next to Italy in the west are the Julian Alps and various mountains and valleys with numerous rivers in the east.

The climate in the coastal strip of Slovenia is determined by the Mediterranean Sea. Its inland climate ranges from mild to hot summers, with cold winters in the valleys and plateaus of the east.

2 HISTORY AND FOOD

From as early as the A.D. 800s, Slovenia has fallen under foreign control, gaining its independence only in 1991. For over 1,000 years, Slovenes lived mostly under German rule as part of the Holy Roman (962–1806), Austrian (1806–1867), and Austro-Hungarian (1867–1918) empires. World War II (1939–1945) divided present-day Slovenia among German, Italian, and Hungarian powers. Each of these countries, along with neighboring Austria to the north, has contributed significantly to Slovene cuisine.

German cuisine is typically heavy in meats and starches, which has carried over to Slovene cuisine. Germans relied on pork, sauerkraut, and potatoes for a majority of their dishes, as seen in present-day Slovene meals.

Austria, located north of present-day Slovenia, brought *klobasa* (a type of sausage), breaded, and pastry items, such as *zavitek* (strudels) to Slovene cooking.

Hungarian influences included *golaz* (goulash), *paprikas* (chicken or beef stew), and *palacinke*, which are thin pancakes filled with nuts or jam and topped with chocolate.

Italian pastas, such as *njoki* (potato dumplings), *rizota* (risotto), and *zlikrofi*, similar to ravioli, became part of the Slovene diet as well.



3 FOODS OF THE SLOVENES

Slovene cooking has over 30 different regional cuisines, influenced greatly by Slovenia's neighboring countries. While there is a sufficient amount of poultry, dairy products, and potatoes, much of the land in Slovenia is not suited for producing crops. Basic foods, such as oil, wheat, sugar, and meat are imported.

Slovene foods are often simple and hearty. Many dishes are made with cream, such as mushroom soup, and pork sour soup. Horseradish with cream, a specialty of northeastern Slovenia, is often served with beef dishes. Chicken paprika is a creamy sauce made with spicy, red paprika served over noodles or dumplings.

Golaz (Goulash)

Ingredients

3 Tablespoons vegetable oil

2 pounds beef stew meat

1 can beef broth

1 cup onion, chopped

2 Tablespoons tomato paste or ketchup

2 Tablespoons paprika

½ teaspoon salt

¼ teaspoon black pepper

⅓ cup water

3 Tablespoons flour

2 cups cooked egg noodles

Procedure

1. In a large pot, heat the oil over medium heat. Add the beef and cook until sides are browned.
2. Add beef broth, onion, tomato paste or ketchup, paprika, salt, and pepper.
3. In a bowl, mix the water and flour, stirring to remove lumps. Stir the flour mixture into the pot with a wooden spoon.
4. Cover and reduce heat to low. Simmer for 1 to 1½ hours, or until meat is tender; stir occasionally.
5. Serve over hot noodles.

Makes 5 to 6 servings.

Breads and potatoes are the staple foods of Slovenia. *Potica* (po-TEET-sa) is the most common type of pastry—a nut roll wrapped around a variety of fillings, such as walnuts, hazelnuts, or raisins. Potatoes are served boiled, sautéed, deep-fried, or roasted. They are used in such dishes as fruit dumplings, soups, and stews, such as *jota* (a hearty meat and vegetable stew). Mushrooms are a large part of Slovene cui-

sine, and picking wild mushrooms has become a popular occupation. In fact, the government had to pass a law limiting the amount of mushrooms picked to keep some species from becoming extinct.

Baked Mushrooms with Cheese

Ingredients

1 8-ounce container of mushrooms

¼ pound Muenster cheese, sliced

Procedure

1. Preheat oven to 300ºF.
2. Wash the mushroom caps under running water, and remove the stems. Dry with paper towels.
3. Cut the cheese into squares to fit between two mushroom caps.
4. Make a "sandwich" of two mushroom caps with one square of sliced cheese between them.
5. Secure with a toothpick, and place the mushrooms into greased pie plate or baking dish.
6. Bake for about 10 minutes, or until the cheese melts.
7. Serve warm or at room temperature.

Makes about 15 to 20 snacks (depending on the number of mushrooms in the package).



EPD Photos

Gathering mushrooms in the wild has become a popular hobby in Slovenia. Slovenian cooks use mushrooms in many different dishes—in soups, salads, and snacks like these Baked Mushrooms with Cheese.

Deep-Fried Potatoes

Ingredients

2 large potatoes, thinly sliced

½ cup vegetable oil

Salt and pepper, to taste

Procedure

1. In a large skillet, heat the oil over high heat.
2. Slowly add the potato slices and fry until golden brown. Be careful of the hot oil, as it may sizzle and spurt when the potatoes are added.
3. Remove potato slices and drain on paper towels. Season with salt and pepper.

Serve with *Klobasa and Kisdo Zelje* (Sausage and Sauerkraut; see recipe) for a complete Slovene meal.

Serves 4.

Jota

Ingredients

1¾ cup sauerkraut, drained

¾ cup canned red kidney beans, drained

1½ cups potato, cut into chunks

1½ cups ham or pork

4 cups water

2 cloves garlic

Salt and pepper, to taste

1 bay leaf

1 medium onion, chopped

¼ cup shortening

2 teaspoons flour

¾ cup sour cream

Procedure

1. Fill a large pot with water, and bring to a boil. Add the sauerkraut, beans, potatoes, and meat. Cook until vegetables are tender, about 20 minutes.
2. Add the garlic and bay leaf. Season with salt and pepper.
3. In a frying pan, melt the shortening over medium heat. Sauté the onions, about 3 minutes.
4. Add the flour and cook about 2 more minutes, stirring frequently.
5. Add the onion and flour mixture to the stew. Stir and simmer over low heat for about 15 minutes.
6. Just before serving, add the sour cream and stir. Heat over low heat for 2 to 3 minutes. Serve.

Serves 4 to 6.

Pork is the main meat eaten by a majority of Slovenes. *Koline*, the time in winter when pigs are slaughtered and a variety of pork products are prepared, is a major undertaking for Slovene farmers. Blood (or black) pudding is the name of a type of sausage made from a mixture of blood, intestines, millet (a type of grain), buckwheat porridge, and seasonings. Traditionally, neighbors exchanged this sausage with each other, since each farm family had its own unique recipe.

Other pork dishes are *zelodec* (filled pork stomach), air-dried pork leg called *prsut*, and *klobasa* (sausage). Slovenian *kranjske klobasa* has a distinctive flavor that comes from its seasoning of rosemary, thyme, and garlic. *Klobasa and Kisod Zelje* (sausage with sauerkraut) makes for a filling lunch or dinner.

Klobasa and Kisdo Zelje (Sausage and Sauerkraut)

Ingredients

4 large klobasa (sausage links)

2 cans sauerkraut

1 clove garlic, minced

Salt and pepper, to taste

Procedure

1. Heat a frying pan to medium heat and add the sausage. Cook until browned on all sides. Remove and drain on paper towel.
2. Add the sauerkraut and garlic to the frying pan and cook over medium heat. Season with salt and pepper.
3. Add the sausage and cover. Cook until sausage is thoroughly heated and cooked through, about 15 to 20 minutes.

Serves 4.

Although meat and starchy foods prevail in Slovene cooking, vegetables, especially cabbage, are used in various ways. Common cabbage dishes are sauerkraut, sweet-and-sour cabbage, and raw cabbage salad. A salad of cucumbers, sliced onions, vinegar, and oil may accompany a meal. Dandelion salad is popular as well. Dandelion shoots are considered a springtime delicacy.

Dandelion Salad

Ingredients

1½ pounds dandelion shoots or leaves (any flat-leaved lettuce may be substituted)

2 medium potatoes, peeled

1 hard-boiled egg, sliced

1 clove garlic, finely chopped

3 Tablespoons vegetable oil

1 Tablespoon red wine vinegar

Salt to taste

Procedure

1. Several hours before serving the salad (or even the day before), prepare potatoes. Cut the potatoes into quarters and put them into a saucepan. Cover with water, heat the water to boil, and simmer the potatoes until they can be pierced with a fork (about 15 minutes). Drain and cool.
2. To prepare the salad: Place the dandelion shoots or leaves, potatoes, egg, and garlic in a mixing bowl.
3. In a separate bowl, prepare the dressing: Mix the vinegar, oil, and salt. Pour over the dandelion mixture and toss.

Serves 4.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

The majority (about 90 percent) of Slovenes are Roman Catholic Christian. Christmas is a widely celebrated but simple affair in Slovenia, where a family's main focus is spending time together. The gifts that are exchanged are usually food, with candy treats for children. The Christmas dinner table is filled with traditional foods, such as pork or turkey, along with delicacies, such as smoked meats. *Potica* (nut bread), *sarkelj* (raisin cake), and other freshly baked goods may be eaten as well. Other religious holidays, such as Easter and All Saints Day, are also celebrated.

Potica

Ingredients

2 Tablespoons yeast

1½ cups milk, room temperature

3½ cups flour

½ cup, plus 1 cup sugar

7 Tablespoons (about 1 stick) butter, room temperature

4 egg yolks, beaten

1 Tablespoon salt

1 Tablespoon cinnamon

4 Tablespoons heavy whipping cream

2½ cups ground walnuts

4 egg whites, beaten

Procedure

1. Separate the eggs, keeping the yolks in one bowl and the whites in another.
2. In another mixing bowl, combine the yeast with the milk.
3. Add ½ cup of the sugar, salt, and flour and mix to form a dough. Cover the bowl with plastic wrap.
4. Let the dough rise in a warm place, about 30 minutes.
5. Prepare the filling by creaming the butter, 1 cup sugar, and egg yolks together.
6. Add the cinnamon, cream, and ground walnuts.
7. Preheat oven to 350ºF.
8. On a floured surface, roll out the dough. to form a large rectangle. Spread the filling in the center of the dough.
9. Roll up the dough, jelly-roll fashion, and place, seam side down, onto a cookie sheet. Using a clean pastry brush, brush the pastry with egg white.
10. Bake for 1 to 1½ hours, or until golden brown.

Serves 12 to 14.

Slovenian Almond Bars

Ingredients

1 cup flour

¾ cup almonds, ground

¾ cup powdered sugar

½ cup butter or margarine, room temperature

4 egg whites

4 squares chocolate bar, grated

1 egg, lightly beaten

Procedure

1. Preheat oven to 350ºF.
2. Separate 4 eggs, discarding the yolks but keeping the whites in bowl.
3. In a large mixing bowl, combine flour, ground almonds, powdered sugar, butter or margarine, egg whites, and chocolate. Mix well.
4. Spread the mixture evenly into a buttered 8-inch square baking pan.
5. Brush the top with the beaten egg.
6. Bake for about 40 minutes. Cool to room temperature and cut into squares.

Makes about 32 pieces.

Besides religious holidays, Slovenes observe seasonal celebrations with parades, carnivals, and masquerade balls. St. Martin's Day is in November, celebrating the day when grape juice officially becomes new wine. Along with drinking wine, dishes such as roast goose, sweet and sour cabbage, and *mlinci* may be eaten. *Mlinci* is a flat, thin dough that has been baked, broken up, covered with boiling water, drained, then roasted with meat, usually goose. *Gibanica*—a layer cake with cottage cheese, walnuts, poppy seeds, and apples—may be eaten as well.

5 MEALTIME CUSTOMS

Slovenes typically eat three mealseach day, with lunch being the most important. *Zajrtk* (breakfast) is usually *kava* (coffee) or tea, and rolls with butter and jam. *Zemlja*, a type of hard roll, is common. Salami, cheese, and soft-boiled or fried eggs may be served as well. Some Slovenes skip breakfast and just

drink strong coffee. Children may drink hot chocolate.

Around 10 a.m. most Slovenes take a morning break and have a substantial snack. People who are working might buy a hot dog with red pepper relish, a ham sandwich, or other snack from a street vendor. They also might stop at a cafeteria-style restaurant for bean stew or soup. Those whose schedule is more leisurely might pause at a pastry shop for some type of sweet pastry. *Sok* (fruit juice), coffee, or tea are the most common beverages.

Lunch, served anytime from 12 noon to 3 p.m., usually starts with soup. The menu is likely to include a meat dish; a starch—such as potatoes, dumplings, or pasta; vegetables; and a salad—such as *fancoska solate* (cubed potatoes and vegetables with mayonnaise). Sometimes, a salad bowl is shared by whoever is close. Serving bowls set on the table may be without serving utensils, so diners help themselves with their own fork or spoon. Bread almost always accompanies both lunch and dinner. When a meal is taken at a restaurant, the waitress expects the diners to report the number of slices of bread they consumed during their meal. To drink at lunch or dinner, there is usually wine or beer. Non-alcoholic drinks, such as fruit juices, and *malinovec*, a drink made with raspberry syrup may be served. Young Slovenes especially like popular carbonated drinks.

Dinner dishes are similar to lunch dishes, but are generally lighter. Salads and yogurt, accompanied by leftovers from lunch, are typical. When invited to dinner, Slovenes consider it courteous to bring small gifts. Flowers and wine are usually given to the host, and candy is offered to children. It is considered rude to refuse any food that is offered.

Eating at restaurants is considered expensive by the Slovenes, and therefore is typically only done on special occasions or for celebrations; however, many Slovenes frequenly enjoy a meal at a *gostilna* (local pub), where traditional foods and pastries are served. The traditional Sunday lunch in a *gostilna* may include beef or chicken soup with homemade noodles, pork or veal roast, sautéed or roasted potatoes, salad and *potica* or strudel for dessert. Young Slovenes may go out for pizza and enjoy eating at fast food places.

6 POLITICS, ECONOMICS, AND NUTRITION

Only about 28 percent of Slovenia's land is suitable for agriculture. The country is among one of Europe's most heavily forested areas. The rugged landscape, altitude, poor soil conditions, and climate are very unfavorable for agriculture. While there is sufficient production of poultry, dairy products, and potatoes, Slovenes import many basic foods, such as vegetable and olive oil, wheat, sugar, and meat, resulting in high prices for food.

Despite having to import many food products, almost all Slovenes receive adequate nutrition in their diets. The government provides a system of family allowances and benefits to those in need. The constitution provides for special protection against economic, social, physical, or

mental mistreatment or abuse of Slovene children.

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South Africa

Recipes



1 GEOGRAPHIC SETTING AND ENVIRONMENT

South Africa is a large country at the southern tip of the African continent. It is slightly less that twice the size of Texas. The country has large areas of plateaus, with some areas of higher elevations in the eastern Drakensberg Mountains, near the border with Lesotho. Over 80 percent of South Africa's land could be farmed, but only about 12 percent is devoted to agriculture. The main crop is corn (called "mealies" in South Africa). Wheat can only be grown in winter, when the climate is like the Northern Hemisphere's summer. "Kaffir corn," which is really sorghum (a grass similar to Indian corn), is another important crop. South African farmers also raise livestock, but their herds do not produce enough meat to feed the population. Meat is imported in the form of live animals from neighboring Namibia and Botswana.

2 HISTORY AND FOOD

Early South Africans were mostly hunter-gatherers. They depended on foods such as tortoises, crayfish, coconuts, and squash to survive. *Biltong*, meat that is dried, salted, and spiced (similar to jerky), and *beskuit*s (dried sweetened biscuits, like zwiebeck or rusks) were popular food among the original pioneers and are both still enjoyed by twenty-first century South Africans. Dried fruits, eaten whole or ground into a paste, are also popular treats. The practice of modern agriculture was introduced by the Bantu, natives of northern Africa. They taught inhabitants to grow vegetables such as corn ("mealies"), squash, and sweet potatoes. Modern Zulu people, most of whom live in northeastern South Africa, enjoy a soft porridge made from mealie-meal (cornmeal), and dishes combining meat and vegetables such as dried corn and yams.

Nearly 200 years after the Portuguese first arrived in South Africa, Dutch settlers,



known as Boers, built the first European settlement at the Cape of Good Hope in 1652. The Dutch planted gardens with pumpkins, watermelons, cucumbers, pineapples, and potatoes. Meanwhile, the Dutch East India Company increased trade between South Africa, Europe, and India, bringing new and unfamiliar people and cuisines to South Africa's culture. Slaves from the east, mostly from Malaysia, helped work as farmers or fishermen. They brought with them various spices that added flavor to commonly bland Dutch and English stews and dishes.

Other countries also brought diversity to South African cuisine. The French, known for making wines, began establishing vineyards. The Germans introduced baked goods and pastries and the British brought meat pies. Foods from India, China, and Indonesia also influenced the South African diet.

Early settlers simmered *potjiekos* (stew) for hours in a three-legged iron pot over a very small open fire. Ingredients would be added to the pot of *potjiekos* as they became available, such as animals caught by hunters or trappers and vegetables or wild plants harvested from the open fields.

Traditional Biltong and Dried Fruit Snack

Ingredients

Beef jerky, any style (commercially packaged)

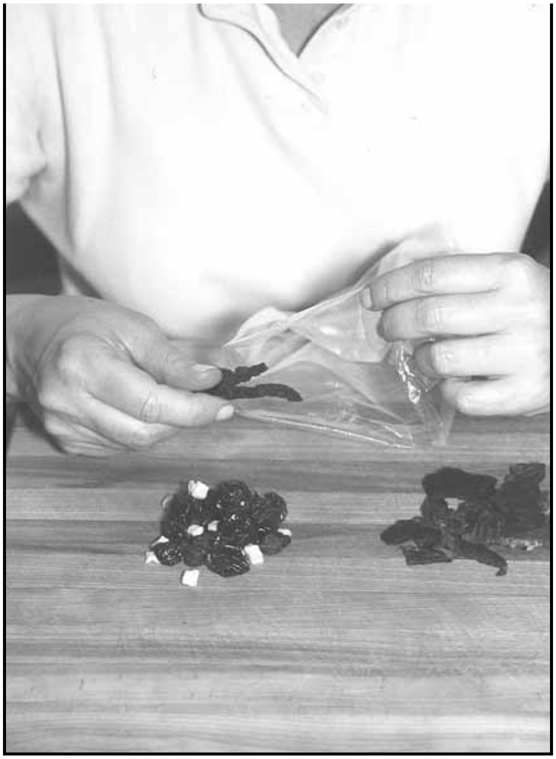
Dried apricots or plums (prunes)

Procedure

1. Cut beef jerky strips into bite-sized pieces (½- to 1-inch)
2. Put pieces of biltong in a baggie or wax-paper sandwich bag.
3. Put a few pieces of dried fruit in the baggie.
4. Carry the biltong (jerky) and dried fruit as traditional South African snacks to enjoy anytime.

3 FOODS OF THE SOUTH AFRICANS

Seafood, a staple food in South African diets, is plentiful along the country's Atlantic and Indian Ocean coastlines. Hake is the most common fish, caught in the Atlantic Ocean waters. It is sold as "fish and chips" (pieces of deep-fried fish with French fries)



EPD Photos

Biltong (beef jerky) and dried fruit is a traditional South African snack.

and pickled. Rock lobster, mussels, octopus, and cod are also popular seafood selections, particularly at the country's southern tip.

South Africa's mild climate produces a variety of fruits and vegetables. Potatoes, cabbage, corn ("mealies"), sunflower, peppers, and green beans are commonly grown. The abundance of rain in the northern tip of the country allows tropical fruits to grow, including bananas, pineapples, and mangoes. Such fruits make delicious desserts.

Dishes of British origin are seasoned and flavorful in South Africa. Spices were added to popular meals, such as the meat pie. The Boer (Dutch) Chicken Pie is a crusted chicken potpie with plenty of seasonings, topped with eggs and ham. *Bobotie*, a beef or lamb potpie, contains raisins, apples, almonds, and curry powder, a savory seasoning.

Sausages (made of beef or pork) and *sosaties*, seasoned lamb on a skewer, are commonly eaten at meals. *Sosaties* are most frequently served at a barbecue, or *braai*, party and served with sauce and biscuits. South Africans make *sosaties* in different ways, with a variety of seasonings to make the meal more flavorful. Other meat favorites are ostrich and chicken. *Frikkadels* ("little hamburgers" usually seasoned with nutmeg) are sometimes served wrapped in cabbage leaves. *Bredies*, meat and vegetable stews of all kinds, are usually named for the primary vegetable ingredient (such as carrot bredie or tomato bredie). Wine, water, *mechow* (a fermented beer-like drink made from cornmeal), and tea are often served with meals. Rice pudding, *melktert* (milk custard tart), and cookies remain popular desserts.

Mealie Soup (Corn Soup)

Ingredients

4 Tablespoons butter

1 cup onions, finely chopped

2 tomatoes, chopped

2 cups canned whole corn, well drained

2 cups creamed corn

1 can evaporated milk

3 cups chicken broth (about 1½ cans)

1 Tablespoon salt

1 teaspoon black pepper.

Procedure

1. In a large saucepan, melt the butter over moderate heat.
2. Add the onions and sauté for 5 minutes.
3. Stir in the tomatoes and cook for a few more minutes.
4. Add the corn, milk, chicken broth, salt, and pepper. Simmer for 15 minutes.
5. Serve with crackers.

Serves 6 to 8.

Carrot Bredie

Ingredients

1 onion, chopped

1 Tablespoon oil

8 carrots, washed, scraped, and chopped

2 potatoes, washed, scraped, and chopped

Pinch of salt

Pinch of black pepper

1 cup water

Procedure

1. Measure the oil into a skillet, and heat over medium heat.
2. Add the chopped onion, and cook until the onion is golden brown.
3. Add the vegetables and the seasoning.
4. Add the water and stir. Bring the mixture to a boil.
5. Reduce the heat and place a cover on the pot, but leave it ajar, to allow steam to escape.
6. Let the bredie simmer until the water has evaporated and the vegetables are soft. Remove from heat and mash.
7. Serve immediately with a little butter stirred in.

Serves 8 to 10.

Green Bean Salad

Ingredients

2 pounds fresh, whole green beans, trimmed at ends

1 cup white onions, thinly sliced

½ cup salad oil

4 Tablespoons lemon juice

1 teaspoon salt

½ teaspoon pepper, freshly-ground

¼ cup stuffed olives, sliced

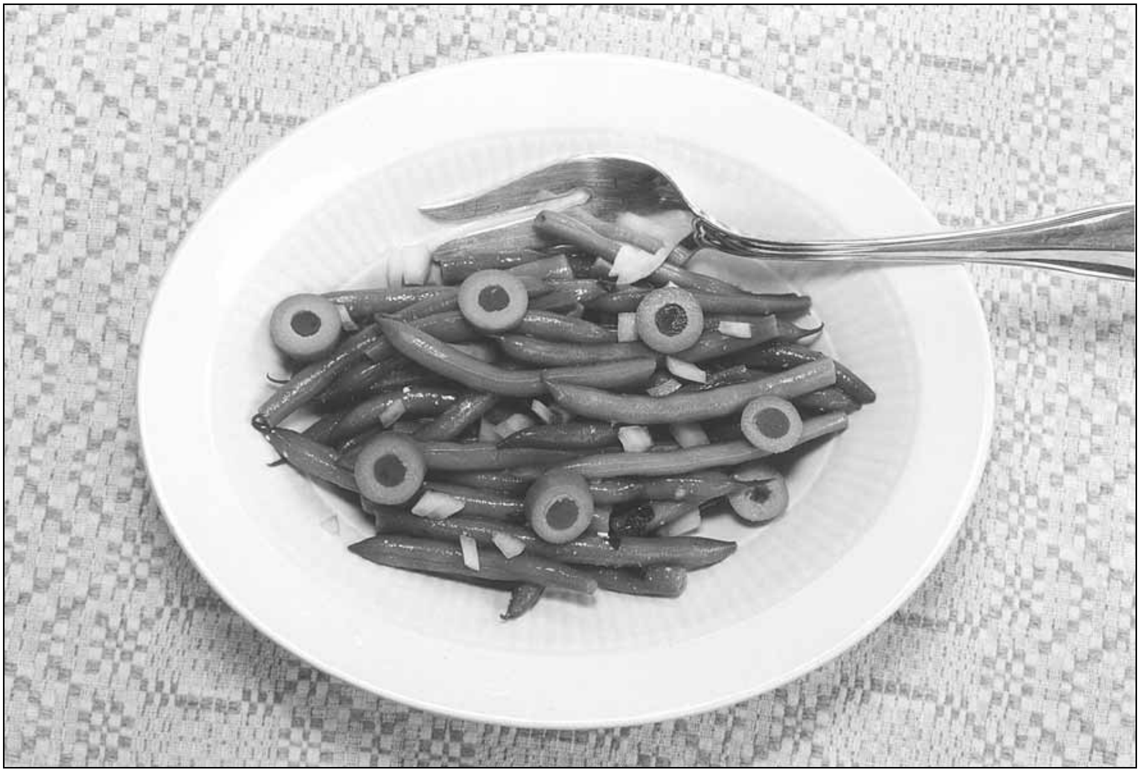
Procedure

1. Heat a saucepan full of salted water to boiling. Add green beans and simmer, covered, until green beans are tender (about 15 minutes).
2. In a separate bowl, combine onions, salad oil, lemon juice, salt, ground pepper, and stuffed olives.
3. Drain the cooked green beans, and while still hot, toss quickly with onion mixture.
4. Cover and refrigerate for at least 2 hours.
5. Serve as a main course for lunch or light supper.

Makes 8 servings.

4 FOOD FOR RELIGIOUS AND HOLIDAY CELEBRATIONS

More South Africans practice Christianity than any other religion. Like other Christians around the world, South African Christians celebrate Christmas Day on December 25 and Good Friday and Easter in either March or April. Such occasions are normally celebrated with family and close friends.



EPD Photos

Green Bean Salad is accented by the salty, slightly bitter, tang of sliced, stuffed olives.

A typical holiday menu may include rock lobster tail or seasoned lamb or pork accompanied by cabbage. Serving appetizers depends on the size of the dinner. People want to save room for dinner, dessert, and after-dinner drinks. *Sambals* (condiments such as chopped vegetables and chutneys), *atjar* (pickled fruits and vegetables), yams, *geel rys* (yellow rice), and green bean salad are popular side dishes. *Mealie* bread (cornbread) is a South African favorite and is often served before or during the meal. Wine, beer, tea, or water may be refreshing to adults, while children may enjoy soft drinks or other non-alcoholic beverages. *Rooibos* tea (pronounced roy boy), a strong, caffeine-free herbal tea made from a plant that is native to South Africa, is served without milk, sugar, or lemon. Rice pudding is a common dessert. No matter what meal is chosen, it is certain to be full of flavor.

A much smaller number of South Africans are either Muslim or Hindu. Muslims celebrate the Islamic holiday of Ramadan, a movable month-long holiday. During Ramadan, Muslims fast (avoid eating and drinking) from sunrise to sunset to worship and practice self-control. After sunset, people gather together to enjoy dinner, called

iftar. Dinner may include rice, dates, and a variety of spiced dishes. Hindus celebrate *Diwali*, or Festival of Lights. On this important day, the Hindus eat a small portion of lamb, chicken, or fish with beans or lentils. Their festive dishes often contain up to fifteen different spices and are accompanied by bread.

Komkomer Sambal (Cucumber Relish)

Ingredients

3 medium-sized fresh cucumbers, peeled and seeded

1 teaspoon sea salt

1 Tablespoon cider vinegar

1 clove garlic, finely minced

1 teaspoon jalapeno pepper, finely minced

Procedure

1. Grate the cucumbers on the large holes of a hand grater into a salad bowl.
2. Sprinkle them with the salt and let them stand for 2 hours.
3. Drain them in a colander, pressing out the liquid.
4. Add the vinegar, garlic, and jalapeno pepper and mix well.
5. Cover with plastic wrap and chill for at least 1 hour.

Serves 6.

Geel Rys (Yellow Rice)

Ingredients

1 Tablespoon sugar
½ teaspoon turmeric
1 Tablespoon salt
2 Tablespoons butter
1 cinnamon stick
1 cup raisins
1 teaspoon lemon rind
2 cups white rice

Procedure

1. In a large pot, bring 6 cups of water to a boil.
2. Add all the ingredients (except rice) to the boiling water and stir until the sugar has dissolved.
3. Add the rice, cover, and simmer for 20 minutes. Remove the cinnamon stick and lemon rind before serving.

5 MEALTIME CUSTOMS

South Africans eat three meals per day. For breakfast, most eat some kind of hot cooked cereal, such as *putupap* (cornmeal porridge, similar to grits), served with milk and sugar. Putupap and *mealie* bread (corn bread) are frequently also served as part of a main meal and lunch or dinner, too. Other breakfast foods might be *beskuit,* a crusty, dried sweet bread (similar to rusks). Tea and coffee are popular morning beverages.

South Africans are known for their hospitality and love to cook for visitors. During a hearty meal featuring a main course such as bobotie, seafood, or mutton stew, accompanied by vegetables and rice, it not uncom-

mon for a host to offer guests a variety of drinks, such as wine, homemade beer, or tea. Fruits, puddings, and cakes round off a great meal.

Corn on the Cob

Ingredients

6 large ears of fresh corn

Butter, salt, and chile powder, to taste

Procedure

1. Bring 2 quarts (8 cups) of water to a boil in a heavy saucepan.
2. Strip the corn of its husks and silky strings and place the ears in the boiling water. Cook for 5 minutes.
3. Serve hot and season to taste with butter, salt, and chile powder.

Serves 6.

Bobotie

Ingredients

1 pound ground beef or ground lamb (or may use half and half)

1 cup onions, thinly sliced

1 tart apple, peeled, cored, and chopped

2 slices of white bread soaked in milk

2 Tablespoons curry powder

½ cup raisins

2 Tablespoons slivered almonds

2 Tablespoons lemon juice

1 egg

Turmeric, dash

2 bay leaves

Ingredients for topping

1 egg

½ cup milk

Procedure

1. Preheat oven to 325°F.
2. Brown ground meat in a large skillet. Drain off fat.
3. Add the chopped onions and cook for about 5 minutes, until onions are softened.
4. Add the chopped apple.
5. Squeeze out excess milk from bread slices and add them to skillet, tearing the softened bread apart to blend it with the meat mixture.
6. Add curry powder, raisins, almonds, lemon juice, 1 egg, and turmeric. Stir well to combine.
7. Grease a 9-inch by 13-inch baking dish. Pour mixture into the dish and lay bay leaves on top.
8. Bake 40 minutes. Remove from oven.
9. Mix egg and milk together for topping, and pour over meat mixture.
10. Return dish to oven and bake for 15 minutes more. Remove bay leaves before serving.

Unlike in the United States, foods are seldom packaged for convenience. Bread is rarely pre-sliced and preservatives are not widely used. National laws determine store hours, particularly for meat sellers, who often open as early as 5:30 A.M. and close as early as 1 P.M. For those who can afford it, a servant may be hired to help prepare meals and travel to the stores at early hours.

Lunch may be a simple meal, such as a sandwich or soup. Students returning from school may enjoy a fruit drink, similar to a smoothie, as a between-meal snack. Fresh

fruits such as pineapple are often the basis for these refreshing beverages.

Pineapple Sherbet (Pineapple Smoothie)

Ingredients

1 medium-sized ripe pineapple (Canned may be substituted.)

8 cups water (approximately)

Juice of 4 lemons

Sugar, to taste

Procedure

1. Peel and core the pineapple. Cut up the fruit, and place it in a blender. Blend to a thick pulp. (Canned pineapple may be substituted.)
2. Place the pulp in a large pitcher, add the water, lemon juice, and sugar, and mix thoroughly.
3. Put the pitcher in the refrigerator to chill the sherbet beverage.
4. Just before serving, stir well. Serve over ice in tall glasses.

Serves 6 to 8.

Dinner may be simple or formal. South Africans may serve dinner on their finest dishes and silverware, placed on a white tablecloth with a centerpiece of flowers or fruit. Salt and peppershakers are almost always available, along with various condiments. In addition, several beverage options are usually on the table. Tea is enormously popular in South Africa, particularly in the early morning. Guests may be awakened by their hostesses as early as 5 or 6 A.M. to enjoy morning tea.

South Africans also like to eat out, whether it is a back porch barbecue (*braai*), at a restaurant, or at a sporting event. *Biltong*, similar to strips of jerky, is as popular a snack as popcorn is in a movie theater in the United States.

Putupap (Cornmeal Porridge)

Note: Although not authentic, instant polenta may be prepared as an approximate substitute.

Ingredients

3 cups water, boiling

2 teaspoons salt

1 pound fine white corn meal

½ cold water

Procedure

1. Bring 3 cups of water to a boil.
2. Pour meal into center of water to form a pile. Add salt, but do not stir.
3. Remove pot from stove. Put lid on and let it sit for 5 minutes.
4. Stir, return to heat and simmer over very low heat until putupap is fine-grained and crumbly.
5. Stir with a fork or wooden spoon, add cold water, and simmer for another 30 minutes.
6. Serve with tomato sauce or gravy.

6 POLITICS, ECONOMICS, AND NUTRITION

From 1948 until 1994, South African society was strictly divided according to racial groups in a structure called apartheid, or racial separation. While the government officially referred to this structure as "separate development," there were, in reality,

few resources devoted to development of the black portions of the country. In 1994, the policy of apartheid ended and a multiracial government was elected. Since then, the economy has been adjusting to the new structure of society. Some areas of the economy, such as tourism, suffered because people were concerned that the changes might lead to instability. At the beginning of the twenty-first century, the white minority population enjoyed a high standard of living, but the 85 percent majority black population still lived with low health and economic standards of living.

7 FURTHER STUDY

Books

DeWitt, Dave. *Flavors of Africa: Spicy African Cooking from Indigenous Recipes to those Influenced by Asian and European Settlers*. Rocklin, CA: Prima Publishing, 1998.

Hachten, Harva. *Best of Regional African Cooking*. New York: Hippocrene Books, Inc., 1998.

Harris, Jessica B. *The African Cookbook: Tastes of a Continent*. New York: Simon & Schuster, 1998.

Sandler, Bea. *The African Cookbook*. New York: First Carol Publishing Group, 1993.

Web Sites

Eating the South African Way. [Online] Available: http://cwr.utoronto.ca/cultural/english/safrica/eating.html (accessed January 31, 2001).

Ethnic Cuisine: Africa. [Online] Available: http://www.sallys-place.com/food/ethnic_cuisine/africa.htm (accessed January 30, 2001).

Islamic Holidays and Observances. [Online] Available: http://www.colostate.edu/Orgs/MSA/events/Ramadan.html (accessed January 31, 2001).

South Africa: What to Eat. [Online] Available: http://www.globalgourmet.com/destinations/southafrica/safrwhat.html (accessed January 30, 2001).

The South African Expat's One-Stop On-Line Resource. [Online] Available: http://www.rsa-overseas.com/features/recipes.htm (accessed August 17, 2001).